

**November 2018**

## *Carers Acting Up*

A key part of our work at Yarrunga is to identify segments of our community that need support in the forms of programs, education and activities. We felt that people with a primary caring role are a key group that are unrecognised, under-appreciated and under-resourced.

So we teamed up with a theatre company to develop a submission to run an interactive theatre workshop and were very excited when we received an arts grant from Maroondah City Council to run a special program—Carers Acting Up.

Carers Acting Up is a free 8-week interactive theatre workshop series where the unheard voices of carers can be raised to express the daily concerns and issues that carers often experience. It's a great way of unleashing daily frustrations in a safe and creative space with peers. The workshop is open to anybody who is an unpaid carer of a loved one.

If you would like further information about this program please contact reception or check out our website. We are also hoping to run a few more programs and activities to support the carers of our community, so keep a close eye out for more news next year.



*YCC manager, Sam Blackwell, and owner of Real Life Theatre, Shivanii Cameron, accepting a successful grant application from Maroondah City Council councillor Rob Stean to develop and run our Carers Acting Up workshop series.*

## Other Happenings

Congratulations to Garth Whitchurch whose suggestion for our newsletter title inspired the final result.. Community Centres are all about people—and this is captured beautifully in the name as well as being an acronym for what this newsletter is all about.



*Local Federal MP Michael Sukkar came in to visit our Centre recently. It was a great chance to talk up the Centre and what we do.*

*Our newest tutor, Shelly Wunhym, has been working wonders with groups of students from Knox-brooke and Interchange in our Introduction to Hospitality program. These students have been cooking up a storm, and, in the process, learning some valuable independent living skills.*



*Our new Community Corner. A place to come and read, have a cuppa, chill out or whatever else takes your fancy.*

*Funding for this activity was part of the CHAOS Together We Do Better – Reducing Gambling Related Harm Project, which is supported by the Victorian Responsible Gambling Foundation's Prevention Partnership Program.*

## **WHAT'S COMING UP IN 2019**

### **Pre Accredited Courses**

We have received funding to run a number of new and existing ACFE programs for 2019:

- ◆ **Enterprise Skills**
- ◆ **Communication Skills for Work and Community**
- ◆ **Introduction to Computers**
- ◆ **Introduction to Hospitality Skills**
- ◆ **Local Community News**
- ◆ **Money Management Made Easy**
- ◆ **Planning for Success**
- ◆ **Barista Skills**

These are a really well-rounded range of topic areas and we're really excited about putting together class plans and resources to step up the quality of what we offer in our pre-accredited programs.

### **Health and Wellbeing**

Our usual programs of Living Longer Living Stronger, 40+ Fitness, Zumba Gold, Tai Chi, Pilates and Yoga will continue.

We are also offering a **new day time Pilates class**, a **beginner's Tai Chi class** and we will again offer **Meditation**.

Together this range of programs offers something for everyone, and you can combine a few classes together to get a complete Mind-Body health and wellbeing program.

### **Social Groups**

Social groups are a very important component of our stable of programs and activities. In addition to the existing groups we will be offering two opportunities for **Indoor Bowling**. Mondays at 11.30am —2pm; and Saturdays 2.30pm—5pm.

**If you would like any further information  
on these courses and activities  
please contact Reception.**



Over the Christmas holiday break Maroondah City Council will be replacing the flooring in the hall, so it may look a little different when you come to class next year.

*We need your input ...*

*It was envisaged that this newsletter would belong to all the people of Yarrunga—not just the office staff! If you have any photographs, news or content you would like to share please let us know.*

Don't forget our supporting partner 'Regal Sleep Solutions'.

If you are a Yarrunga participant and you're looking for a new bed, go and visit Regal Sleep Solutions. Yarrunga participants will receive a discount, and the Centre will receive a donation! For more information visit us at Reception.

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*We long to BELONG.  
Belonging and caring  
anchors our sense of place in the universe.*

*Patricia Churchland*