



You

April 2020

Yarrunga Offerings & Updates

Welcome to Term 2

Wow ...

Well, this is not how we expected term 2 to go! Due to COVID 19, we closed our programs on the 23rd of March. Since that time, staff have been busy working through the many changes and implementing social media platforms, information and updates to keep all connected in our community.

Staff are working from home, but we still are maintaining our contact with each other and you, our wonderful community.



Actual footage of the Yarrunga office during the month of March!

Well that's how it felt anyway.

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Term 2 Activities and Programs

Our closed Facebook group allows you to participate securely with your class participants and tutors. Our fantastic tutors are creating wonderful content via Videos, Zoom platforms and YouTube to keep you all healthy and active during the isolation. I just wish that I had the time to use some of these fantastic resources!

If you would like to join our closed Facebook group “YCC Online” please enter its group name in the search bar and request to join. We will check if you are a current participant and admit you once verified. If you do use a different name for Facebook for privacy reasons, please make sure that you include these details in your application, so that we can identify you properly.

Jen, has been “manning” our Facebook platforms, providing some wonderful tips for mindfulness and looking after yourselves during this time as well as assisting our tutors to rejig their programs so that we can resume as soon as possible.

With that said, our health and wellbeing programs will all recommence from Monday 27th April. We have tried to retain your normal time slots where we can, but some may have shifted a little earlier or later, to accommodate the next class in the queue. If you wish to return to your normal program via Zoom, please contact Nadine at info@yarrunga.org.au or call our mobile 0420 710 648. These programs will be offered for free for term 2. We have also allowed a small amount of time either before and/or after your session for the link to stay open so that you can chat and catch up with your fellow members.

We are also commencing our Weekly Virtual Community Lunch, where we will open up the Zoom Room for our community to catch up, chat and meet new people, which is scheduled from 12.30pm – 1.45pm on Wednesdays. The link will be on both the closed and public Facebook page, can be sent to you via email, and will be placed on our website... don't forget to bring your lunch and cuppa.

Nadine has been very busy, calling people and checking in, undergoing some professional development, continuing with the huge amounts of administration in preparing refunds to our cancelled class participants. Can I please ask you to remain patient as both Nadine and our Finance Officer, Delise, prepare these refunds...remember they have over 17 classes with an average of 16 people in each class to process.

Delise has been very busy also, keeping abreast of the financial implications to our business, reporting, refunds ... all within two days per week.

CAIF Project

Just prior to the close down, I attended the Croydon Hills Baptist Church with the key partners of our CAIF project (North Ringwood Community Centre, Arrabri Community House and Central Ringwood Community Centre) for a mini expo of our programs, displayed to the Burmese/Karen community. It was a wonderful day with over 60 people hitting our tables, sharing their stories and connecting with each of the houses. The weather was blowy but the rain held off, thank goodness. We look forward to continuing to support this wonderful community.

AGM

We held our AGM via Zoom on Wednesday 8 April, which was successful, but also the shortest one we have ever delivered. We would normally show a montage of the year that was, at our AGM, if you wish to review this it can be found on our website "2019 Highlights". If you are a current member and wish to receive a copy of our annual report, please advise Nadine and she will email this out to you.

We're here for you

We also understand that some of you may not be able to get out of the house or have no family support. If we can assist with shopping for groceries, chemist trips, IT support to get you onto our online platforms etc, please let us know.... We would love to assist you where we can.

These are unprecedented times and I think that we all find them challenging at some stage, but know that we miss you all and look forward to seeing you all again soon.

Stay safe
Sam Blackwell

YCC Online

Don't forget YCC Online – our new private Facebook Group. This is a closed group, so it's only open to current Yarrunga participants. It is being filled with at home exercise videos from our health and wellbeing tutors, updates, inspiration, conversation, things to learn, things to do – all kinds of information to help get you through self-isolation.

If you haven't joined yet – click <https://www.facebook.com/groups/200700667875995/> to request an invitation to join.

If you don't have a Facebook account we can help you set one up – call us on 0420 710 648 or email the office on info@yarrunga.org.au and we will organise somebody to contact you to talk you through the process.



Our final Yarrunga visitor before closing down ...



Be Connected

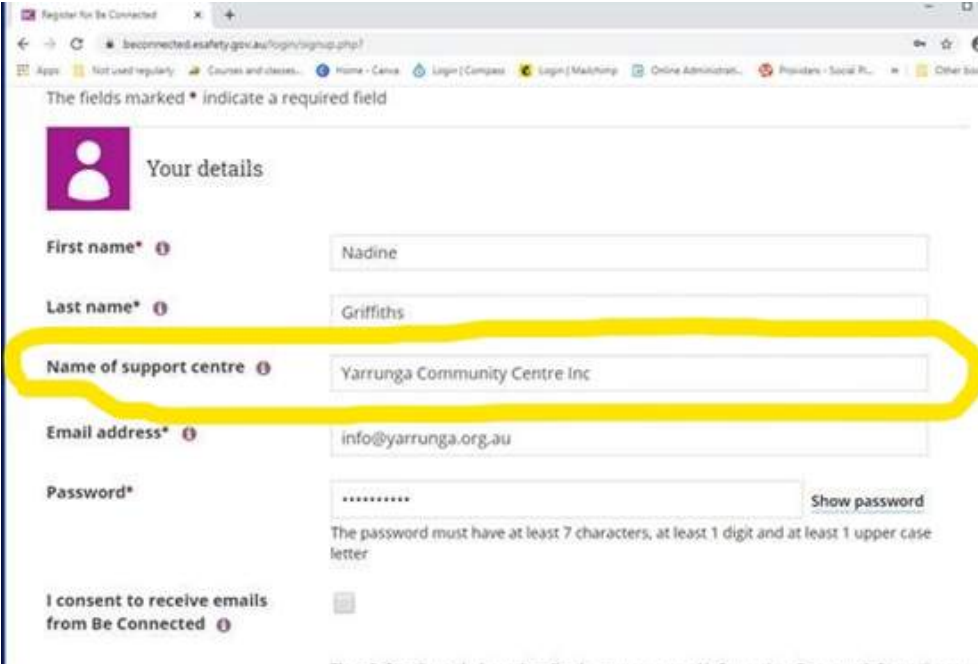
Computer skills training for the less confident older person

'Be Connected' is a free program that teaches computer skills, and Yarrunga just happens to be a Be Connected Network partner! This program has been developed especially for the older person who wants to improve their computer skills, and remember many of these skills are transferable to smartphones and tablets too!

- Go to: <https://beconnected.esafety.gov.au/login/index.php>
- Enter in your details. Your Support Centre is Yarrunga Community Centre.
- Gain free access to a whole range of topics, exercises and information.
- Contact Yarrunga on 0420 710 648 if you have any queries or difficulties – we can talk you through.

If you know of anybody who might be interested in joining our Be Connected program, and is not part of our Yarrunga community, please feel free to pass on this information.

At the moment computer technology is a major way of connecting and staying in touch. Be Connected is a great program, and we certainly encourage you to jump on, register and get playing. And please let us know how you find the program – email or call or post on YCC Online.



The screenshot shows a web browser window with the URL <https://beconnected.esafety.gov.au/login/signup.php?>. The page title is "Register for Be Connected". Below the browser window, there is a form titled "Your details" with a purple person icon. The form fields are:

- First name***: Nadine
- Last name***: Griffiths
- Name of support centre***: Yarrunga Community Centre Inc (highlighted with a yellow circle)
- Email address***: info@yarrunga.org.au
- Password***: [masked with dots] (with a "Show password" link)

Below the password field, there is a note: "The password must have at least 7 characters, at least 1 digit and at least 1 upper case letter". At the bottom of the form, there is a checkbox labeled "I consent to receive emails from Be Connected" which is currently unchecked.



Be Connected
Every Australian online.

**Network
Partner**

Health and Wellbeing classes - now available on line

Routines are very comforting and will help make transitioning back to 'normal' life easier. To make sure you don't lose your health-wellbeing groove Yarrunga is taking its health and wellbeing classes on line.

Participants who were registered in a particular class in Term 1 are invited to attend the same class in Term 2 via Zoom. For legal and safety reasons no new participants can enter so we won't be opening the classes to the general public.

If you would like to access a class contact Nadine on 0420 710 648 or email the office on info@yarrunga.org.au. We will send you a confirmation email with the Zoom link and instructions on using Zoom if you need them.

At the appointed class time, click on the link and you can enter the Zoom meeting room.

If you have any questions about how to set yourself up for an online class, or whether you can join in, contact us and we'll get you on the right track.

ACFE programs

ACFE has recently offered us the opportunity of re-submitting programs to account for the changed conditions so we're still working on getting our ACFE programs up for delivery.

At this stage we are working on developing an on-line cooking program, and computer programs.

Our amazing communications tutor, Vicki, is still working with her small group of participants from the Karen community, coming up with some very interesting and inventive ways of connecting with them despite difficulties with language and IT.

Other News

Yarrunga joined in the popular #BearHunt project for children going out on walks at the beginning of the isolation period.



New Floor Coverings in the Art Room and Coffee Hub

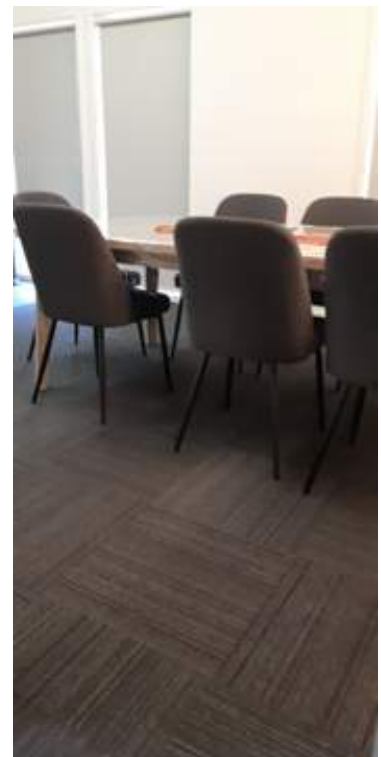
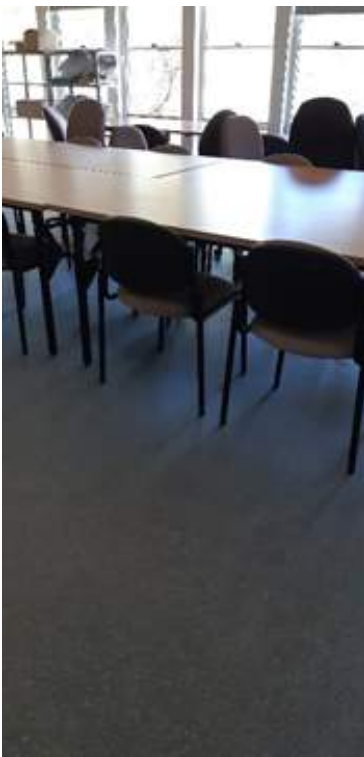
Just before shut down, Maroondah City Council replaced the floor coverings in the art room and in our coffee hub. We certainly won't miss that permanently sticky feel when walking in the Art Studio. They look wonderful – thanks MCC.



In progress ...



The finished floors – looking good!



Look What I Can Do Art and Craft Market

Unfortunately our market became Coronavirus collateral damage. We are hoping that we can have a Christmas market instead - here is a look at some of the work from our painting group, where they learned how to extend the life of their paintings by placing the images onto household items like cups, mousepads, coasters and cushions.



Big Big thank you's

Our Yarrunga community has been absolutely fantastic during this period.

Tutors have been recording and posting classes for our Facebook group and have been learning and experimenting with how to live-stream their classes via Zoom. This is all new to them and to us, and we have been so appreciative of their willingness and enthusiasm to be involved.

Our social group convenors have been making sure their groups continue to stay in touch via Zoom, email and other ways in order to continue working on their areas of interest or just to be supportive of each other.

Our participants are coming together on our social media platforms and contributing to conversations and activities and continuing to be an active part of our community.

We have nothing but the greatest gratitude and appreciation for all of you.

Big virtual hugs all around!

