



You

Yarrunga Offerings & Updates

July 2020

Welcome to Term 3

We were so close ...

and yet, here we are again operating from our on-line world.

Not all is lost however. We learnt some very valuable lessons in Term 2 and so have been able to respond awesomely quickly to going back online. We also have our Term 3 face-to-face enrolments rolling over into Term 4, so if we get the go ahead to return in Term 4 we already have a lot of work completed.

In the meantime, staff are working from home again. You can continue to contact us via info@yarrunga.org.au or on the work mobile 0420 710 648, but please make sure you contact us during office hours only: Monday-Friday 9am – 4pm. When working from home it gets pretty difficult to switch off, and work calls and email pings after-hours makes that more difficult.

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YCC Online - Closed Facebook Group

Our Facebook group will continue, but we would love more input from its members. Remember this is a closed group, so it's only open to current Yarrunga participants.

Please use this group to share other interesting things you find on the internet – especially things to uplift our spirits or keep us busy; and most importantly to talk to each other and get to know each other. Social contact is so vital during lockdown periods – so please don't be afraid to post updates on what you have been doing, to ask questions, add comments to other people's posts – even if it's just a thumbs up or smiley face. It will also be one of our key communication channels with our community so keep checking in.

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.



Online Health and Wellbeing Classes

These will jump back into action. If you are unsure of the class schedule, please check in with us and we will send you details. This term we will be charging \$20 for the term – so it's a bargain basement price! Again, if you need help working out Zoom please let us know – we are more than happy to help.

Our wonderful tutors have been working really hard to improve their on-line teaching skills – and doing a pretty fantastic job at it too. The more the merrier though – let's keep our online classes buzzing and interesting for everyone.

Adult Education Programs

We have been super busy in this area also. Check out what's on offer:

Practical Computer Skills: If you would like to improve your basic computer skills this course will be held face to face at Yarrunga. This class will be very useful if you're not very digitally literate and are now finding yourself isolated from an increasingly digital world. Class sizes will be super small to allow for physical distancing, but we can schedule an additional class if the need is there. Our tutor, Michelle, is very patient and understanding and loves helping people build their skills and confidence. Thursdays, 12.30pm – 2.30pm. \$25.

Cooking Survival Skills 101: For all of you who have very accommodating partners looking after all your meals, give a quick thought as to what might happen if they get sick. Not only will they be unable to cook for you, but they will be relying on you to help them stay nourished. This course is run online via Zoom. Recipes and ingredient lists will be sent out in advance so you can happily cook alongside the tutor on line. Shelly is a fantastic tutor and can help you become more self-sufficient in this area. Thursdays, 2.45pm – 5.15pm (your finished dish ready in time for dinner). Cost - free

Barista Taster: We have been working hard to develop a fully online course. We're not quite there, but hopefully this will be available soon, and we will certainly provide you with full details when we're ready to launch.

Be Connected

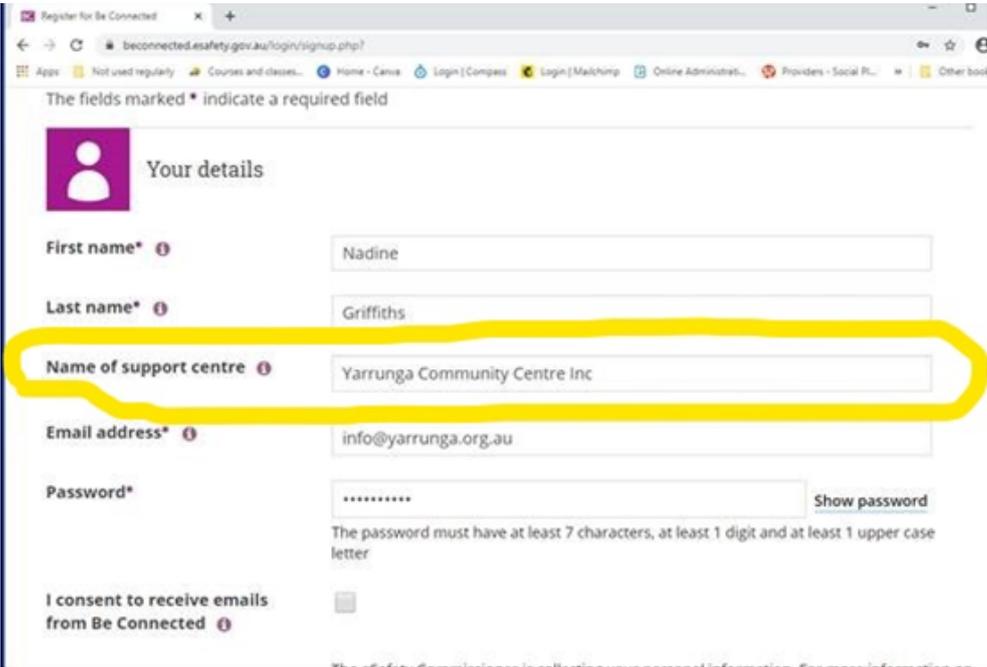
Computer skills training for the less confident older person

'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 beconnected.esafety.gov.au/login/signup.php?. The page title is "Register for Be Connected". Below the browser window, there is a registration form titled "Your details". The form includes the following fields:

- First name***: Nadine
- Last name***: Griffiths
- Name of support centre***: Yarrunga Community Centre Inc (This field is highlighted with a yellow circle)
- Email address***: info@yarrunga.org.au
- Password***: [Redacted] (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**

Community Virtual Lunch

Our Community Virtual Lunch will return – Wednesdays at 12.30 -1.30. If you feel like some company and a chat please join us. BYO lunch and stories. Last term we learnt about Adrian Hamley's wonderful holiday adventures, shared a good chuckle with Peter Feeney, kept up to date with Robyn Elliott's life and more. We would love to see more people join in – it's a great chance for us to get to know each other more.

Birthday Wishes

Our finance officer, Delise, celebrated her 50th birthday. Luckily we were in the office for a few days and managed to help her celebrate with cake, pressies and well wishes. Hope you had a great birthday Delise, despite not being able to hold a big party.



Thank you

We were so proud of our Yarrunga community in Term 2. So many of you jumped way out of your comfort zones learning new technology and embracing new ideas and ways of doing things. Adapting to change can be one of the most difficult things to master and we want to give big thanks to everyone for doing the best they could. We have the greatest gratitude and appreciation for all of you. Big virtual hugs all around!

We're here for you ...

We 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.

We will all find this situation challenging at some stage, but know that we miss you all and look forward to seeing you all again soon.

Other News

Iso Art

Yarrunga Community Centre has been successful in obtaining a grant from the Maroondah City Council 2020/21 Arts and Cultural Grant Program.

While details have yet to be finalised, the program will dovetail with our Enterprise Skills Mixed Media Art and Craft program to help interested members of the community to share their experiences and emotions of Coronavirus lockdown.

We are all in lockdown and we are all experiencing different emotions during this time. Some people are enjoying the opportunity to reconnect with family, have more time due to no commuting, or just more time to achieve activities and tasks that hustle and bustle does not allow for. Others will be struggling with mental health, isolation, lack of involvement with the community and families or the interim loss of freedoms. It is hoped that the finished art pieces will form part of an exhibition within the City of Maroondah.

Who can participate? Anybody – and you don't have to be an 'artist'!

Our very talented art tutor, Shelly, will work with you to find a medium that you feel most comfortable with, and that you can use to express yourself – it may be collage, painting, sculpture, photography, words/poems, abstract – there are no limitations (apart from size!).

This will be a fantastic project we look forward to getting it up and running.

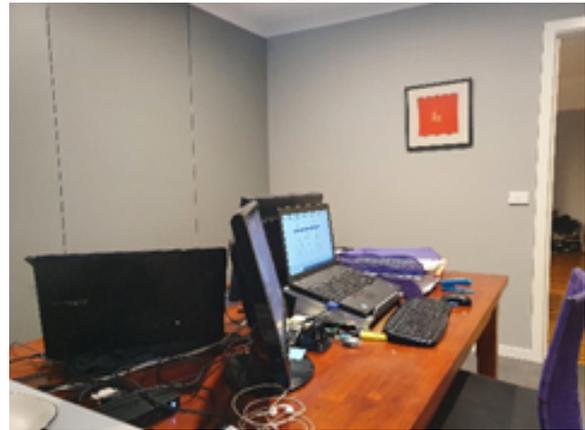


Yarrunga Community Centre acknowledges the support of
Maroondah City Council's Community Grants Funding
Program/Arts and Culture Grants Scheme

What 'working from home' looked like for Yarrunga office staff



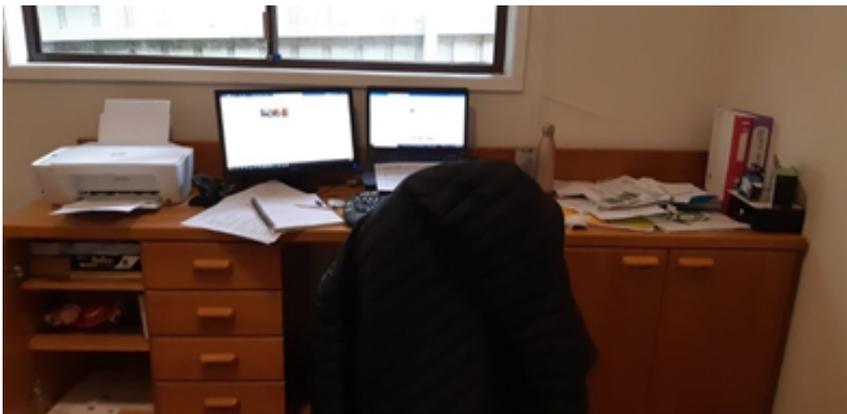
For our finance officer, Delise, the view certainly changed from the lovely trees at Yarrunga.



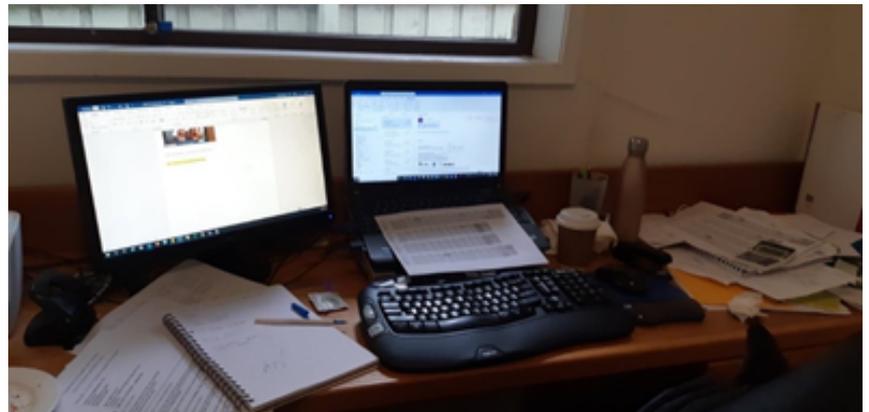
For Jen, our programs/marketing officer, there was no dining room for three months. Lots of meals balanced on laps in the lounge room, but having an open-plan house, the 'office' was always in view – no escape!



No guessing who the super-organised space belongs to – yep, correct Nadine. But she also had to manage two other people in her household working from home, who have yet to master her level of organisation skill!



After working from home after breaking her leg last year, Sam has things better organised than most people, but the view and the company were not the same.





Working from home means being inventive – here is a meat thermometer doubling up as a paper spike.



Daily staff meetings



Meet Sam's new work-from-home office assistant.

When Bella is not busy breaking Sam's legs she works on looking cute and unsuccessfully managing her drooling problem.

It's so hard to find good staff these days!