



You

Yarrunga Offerings & Updates

October 2024

Welcome to Term 4

Every year I say the same thing – Gee this year has gone quick! And here we are again, it feels like it has been a whirlwind.

I would like to take the opportunity to thank the office staff for their continued support and vibrancy this year. It has been a tough one, but they have gone above and beyond, not only in the office but also for our users and social groups, all within the limited time they work.

As you can see, our deck is very slowly taking shape. There has been a lot of behind the scenes work being undertaken, before the actual deck can really commence. We will see a major power upgrade to the Centre and movement of our supply source to the front of the building as our existing one is situated where the deck will go. Initially when our building was constructed, our heating source was gas. Over time our building has moved away from this and is predominantly electric, which is causing a drain on our supply and resulting in shorting out when you least expected it. We will now be set for the future and I want to thank Maroondah City Council for this major works but also Cr Rob Steane who has advocated for this deck for four years – we would not have it without his perseverance.

Once complete our deck is going to be amazing, and will provide some versatility in its use. We envision yoga, tai chi and art on the deck. Social hires will be able to access additional space overlooking the lake. And coffee on the deck... We will never want to go back to our office desks. We are hoping that the deck itself will be completed by the end of the year (preferably earlier), fingers crossed.

I want to thank everyone who has supported the varied fundraising efforts we have facilitated this year. You have all been so generous. We held our first Biggest Morning Tea and raised over \$600, the chocolate sales have helped resource our Winter Shelter community cooking program with ingredients and equipment, one of our exercise groups held a fancy-dress session and donated funds to the Winter Shelter program. You are truly a very generous bunch and I can't thank you enough.

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For the final stint of the year, we will be supporting Urban Life in Ringwood, with its open donation collection towards building hampers for those in need for Christmas. We are seeking non-perishable food, toiletries, toys and baby needs – anything that will support Maroondah families in need during this Christmas season. We will be collecting right up to Monday 16 December. Therefore, I am reaching out to you once more - let's see how great we can be!

I would like to take this opportunity to thank you for a wonderful year and wish you all the best for the upcoming holiday season and we look forward to seeing you all back and fighting fit for 2025

See you soon!

Sam Blackwell
Manager



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Dates

Term 4 finishes on Wednesday 18.12.24

The office will close to the public at midday on Thursday 19.12.24

The Centre will re-open to the public on Monday 20.01.25.

Classes will resume on Tuesday 28.01.25 (the Monday is a public holiday)

Term 1 2025 will run from Tuesday 28.01.25 – Friday 04.04.25, excluding Monday 10.03.25

PEOPLE NEWS

Farewell to Jo

Our wonderful Auslan tutor, Jo, has retired and is planning a trip around Australia. We will certainly miss her and hope her holiday is a fabulous experience.

Farewell to Garth

We are very sorry to say goodbye to Garth from the Yarrunga Committee of Governance where he has served for 6.5 years as Treasurer. We thank Garth for his many contributions.

EVENTS, ACTIVITIES, PROGRAMS AND NEWS

Fundraising Tea Towels for Sale

Explore Mixed Medium Art tutor, Kaye, developed a fantastic community project for her art students. Each student submitted a design based on our Beneath Tall Trees sculpture. The winning design – by Nuala Shaw – was then printed onto tea towels which are now for sale in the office for \$10 each. The tea towels are made from Australian grown cotton and manufactured here in Australia as well. And the tea towels were printed by NMBQ and Art Fundamentals– two local companies. All proceeds will go to the Winter Shelter Community Meals program.



NHVIC Participant Survey - week of 11 November to 15 November

As part of our funding obligations, we are required to undergo a participant survey on behalf of Neighbourhood Houses Victoria and the Department of Families, Fairness and Housing. The information gained from the survey will be used to:

- Assist with policy development at State level
- Assert the value we provide to the community
- Assist with our own future planning
- Build on the evidence base to support the continued funding as well as advocate for increased funding

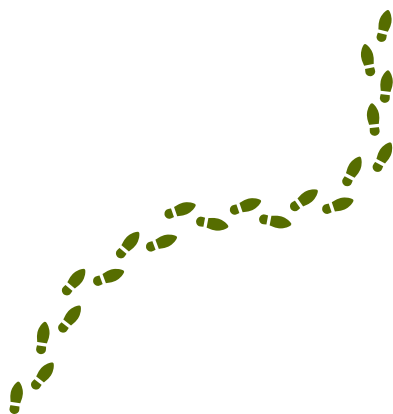
From the responses, we will get a full report on information relating to demographics, programs and services utilised, benefits and outcomes of participating.

We need to capture as many responses as possible from different programs and groups and can assist those if needed to complete it. It will consist of 18 tick box questions, and they are optional (so if they don't want to respond to the question it is ok). It should only take about 2- 5 minutes and there is no personally identifying information required. Privacy is secure and encrypted and not shared externally other than with DFFH and NHVIC and the Centre. And you will be rewarded with a chocolate for your time!

Fundraiser - Sharing Hope Walk

Sam and Jen are taking part in the Sharing Hope 'Not Forgotten' fundraiser again this year. The aim of the fundraiser is to raise money for children impacted by conflict in Burma by providing access to life-changing education, safe water, a healthy diet, learning materials, school fee support and a liveable wage for their teachers.

Our challenge will be walking 2km every day for the month of October. For every walk we complete we will donate \$1 each. Please feel free to sponsor us with a donation per walk or make a one-off donation.



Deck Update

Work is continuing on the decking. All the supports are in, and the NBN has been shifted but we are still awaiting Ausnet to upgrade and move the power boards to the shiny new cabinets out the front. Some of the steel has been delivered for the framework and is being put in place.

Our storage room with outside access has now been closed off and bricked up. This meant that on the other side of that room, where our internal storage room was located needed to be cleared out so that the mezzanine floor can be dropped in order for Ausnet to access the powerboards. It also means that, in time, this room can be fitted out with proper shelving for all our archive documents – no more crawling on hands and knees to move heavy boxes!

So it's been a very busy time for staff, moving, clearing, cleaning – all while trying to finalise our ACFE documentation for next year's funding for our adult community education programs. Phew!



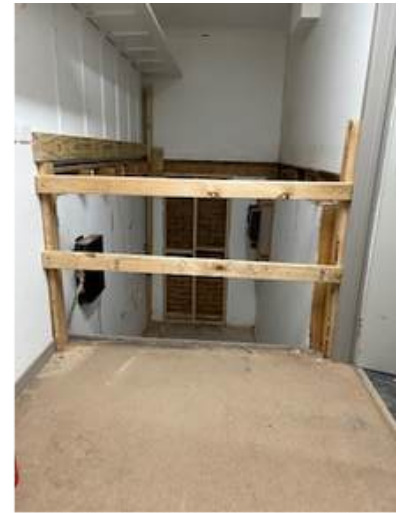
Laying the foundation posts and the steel framework



Deck Update cont.



The external access storage room - doorway is here one minute, and gone the next!



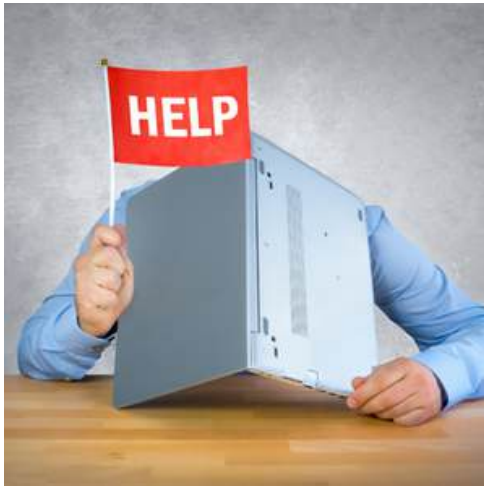
The internal access storage room - clearing out everything so construction on dropping the floor can be done

Grant Updates

We are extremely grateful for the support of Maroondah City Council's Grants program. We have received funding to purchase a washing machine/ dryer to assist our Winter Shelter Cooking program. This will enable us to wash and dry the copious amounts of tea towels and cloths that are used during each cook, and our staff will no longer have to take them home to wash! **YAYYYY!**



Free - Tech Help with Sam



Need some technical help? We have a wonderful volunteer, Sam, who can help you.

Sam can provide assistance with phones, laptops, computers, tablets and other tech devices like cameras. He can also help with hardware and software, browsing the internet safely and provide recommendations for safe computer programs.

Sam is available every Tuesday fortnight 10am – 12pm. Bookings are essential – contact reception.

Looking Ahead to 2025

Planning is underway for 2025 already. Our health/wellbeing programs will remain in place. We will be adding a new social group for those interested in playing RummiKub. We have also submitted our proposed adult community education programs to ACFE and will hear of the outcomes in late November.

It's not too late to include new things, so if you have any ideas or special interests please come in and talk to us.

In 2025, Social Hire is back! (once the deck is complete) If you have any events or know someone who may be planning a special day, please contact us.



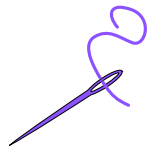
EVENTS, ACTIVITIES, PROGRAMS AND NEWS cont.

THANK YOU

A HUGE thank you to all our volunteers who have been working tirelessly to help in so many different ways.

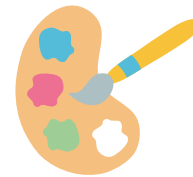
But special thanks to

PETE - Pete is our muscle power, and without him we would be lost. Pete helped us move a bazillion archives boxes, organised a hard rubbish collection and moved a mountain of other equipment for us.



SUZANNE - Suzanne has been busy hemming the tea towels for sale. Not a particularly fun job to have to do, but it enabled us to purchase the tea towels at a cheaper rate and therefore raise more funds.

KAYE - Kaye is our art tutor, Not only is she a wonderful teacher, she also has many different art skills that she is bringing to the students to try their hands at, and ... she is running the afternoon class on a volunteer basis.



MAGGIE - Maggie ran our finance workshops in term 3 and shared her years of amazing knowledge free of charge to community members. And, as if that wasn't enough, Maggie was also kind enough to bring us pizza for lunch during the holidays!

CASS - Cass is an amazing young woman who helps out in Friday's art class with set up, pack up and preparation of materials. Cass is showing great potential as an artist herself and this experience has encouraged her to pursue further study in the area next year.



SAM - Sam is an absolute computer whizz who is offering his time every Tuesday fortnight to help anybody who needs tech help. He has already helped quite a few people who all speak very highly of Sam and his talents.

Play



POSITIVE LIVING @ YARRUNGA

The Power of Sunshine

How nice it is to feel the warmth of the sun again. While we are often fed scary stories about how bad sun exposure is, sunshine provides a range of benefits for both physical and mental health, and lack of sunlight can have some strange effects on the body.



Vitamin D production – sun exposure helps the body produce vitamin D which is crucial for bone health, immune function, and reducing inflammation.

Mood Boosting – sunlight triggers the release of serotonin, a hormone that improves mood and promotes feelings of happiness and calmness.

Improved Sleep – exposure to sunlight during the day helps regulate the body's circadian rhythm, promoting better sleep at night by increasing melatonin production.

Strengthens Immune System – Vitamin D from sunlight enhances the body's immune response, helping to fight off infections and diseases.

Lowers Blood Pressure – sunlight can trigger the release of nitric oxide in the skin, which helps to lower blood pressure by relaxing blood vessels.

Supports Mental Health – regular sunlight exposure can help reduce the symptoms of seasonal affective disorder (SAD), depression and anxiety.

But moderation is key – while sunshine has numerous benefits, it's important to protect the skin from prolonged exposure to prevent sunburn or skin damage. It is generally recommended to:

Get sunlight in the early morning or late afternoon – this is when UV radiation is less intense, and you can benefit from some sun exposure without the heightened risk of skin damage.

Limit exposure to about 10-30 minutes – depending on your skin tone, location and the time of year. Gradually increase your sun exposure to prevent sunburn.

Avoid peak sun intensity – the sun's rays are strongest between 12pm – 2pm. If you must be out during these times:

- Use sunscreen
- Seek shade – especially between 10am – 4pm when the sun's rays are strongest.
- Wear protective clothing
- Wear sunglasses – choose sunglasses that block 100% of UVA and UVB rays to protect your eyes from sun damage and reduce the risk of cataracts.
- Stay hydrated – sun exposure can cause dehydration. Drink plenty of water throughout the day, especially when outdoors for extended periods.



Some weird facts about sunlight

It takes 8 minutes for sunlight to reach Earth. The light we see from the sun today actually left the sun about 8 minutes ago, travelling at 186,000 miles per second.

Sunlight is technically white – even though we see sunlight as yellow or orange, sunlight is actually white. It contains all the colours of the rainbow, and Earth's atmosphere scatters the shorter blue wavelengths, making the sky appear blue.

Plants "hear" sunlight – some plants can detect when light is present, causing them to grow in that direction – a phenomenon called phototropism. They essentially "track" sunlight throughout the day.

