



Hello Hubbers

Welcome to the Term 2 Grovedale Grapevine.

We would like to acknowledge that we are all adjusting to a new way of being for a short time. Certainly for myself I have had many different emotions at this time as I adjust to working from home, my children home from school, only seeing my grandchild via Facetime and not sure when it will all come back together again.

Also feeling some anxiety about COVID-19.

Feeling a sense of loss, grief and anxiety is a normal reaction to this situation and it's important we stay connected to each other so we can support each other and provide optimism and ways forward.

At Grovedale Neighborhood House we will provide information, some fun and connection through our Facebook page and hopefully as we get more skilled with social media we can provide some excellent entertainment – so watch this space.

We have provided some resources firstly about the COVID-19 but also some other information from Beyond Blue if people are feeling anxious or concerned about themselves or others close to them.

There are also resources about online entertainment, games and books.

Where are we
going, Pooh?

Home, Piglet.
We're going
home. Because
that's the best
thing to do
right now.



In my community houses are putting toy bears in their windows so the families can take their children on a bear hunt when they go for a walk. It provides physical distancing but some fun as well. People's creativity is really blooming at the moment. So let your ideas flourish!

We know some people do not have access to the internet so let's call each other and have a chat - it makes all the difference.

We are here and will continue to communicate with you.

Linda



GROVEDALE *Grapevine*

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LAYOUT & DESIGN Tet Kelly

**TERM 2
DATES
PLEASE KEEP
UPDATED
VIA
FACEBOOK.**

**We thank our community
for all news and updates
that they share with the
Grovedale Grapevine.**



At Grovedale Neighbourhood House we have temporarily closed our doors due to the Corona virus.

Our Term 2 program is on hold and we will let you know via Facebook when we re-open and classes begin again.

However in the meantime go to our Facebook page for information and a little bit of entertainment.

Stay safe and stay home.

**[https://www.facebook.com/
GrovedaleNeighbourhoodHouse/](https://www.facebook.com/GrovedaleNeighbourhoodHouse/)**

Where to get help

The best and up to date information and resources about COVID-19 can be found at the following website:

<https://www.dhhs.vic.gov.au/coronavirus>

<https://www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19>

<https://www.dhhs.vic.gov.au/coronavirus-information-aboriginal-communities>

<https://www.dhhs.vic.gov.au/coronavirus-covid-19-transmission-reduction-measures>

We encourage you to visit www.geelongaustralia.com.au/covid19 for information about impacts on City events, services and facilities.

Resources, information and Entertainment:

During this period of library closures due to the Coronavirus (COVID-19), Geelong Regional Libraries is still supporting its communities through the launch of a new digital resource – Your Library @Home.

Your Library @Home brings together a range of educational, informative and entertaining video and audio content, including virtual events, online resources and links to quality information and cultural experiences. The hub provides free content that is suitable for children & families, youth and adults. Find it here:

www.grlc.vic.gov.au/virtual-events

Looking after your mental health during the coronavirus outbreak



SOURCE: <https://www.beyondblue.org.au/>

Beyond Blue recognises and understands the feelings of anxiety, distress and concern many people may be experiencing in relation to the coronavirus (COVID-19) and offers the following wellbeing advice.

Try to maintain perspective

While it is reasonable for people to be concerned about the outbreak of coronavirus, try to remember that medical, scientific and public health experts around the world are working hard to contain the virus, treat those affected and develop a vaccine as quickly as possible.

Find a healthy balance in relation to media coverage

Being exposed to large volumes of negative information can heighten feelings of anxiety. While it's important to stay informed, you may find it useful to limit your media intake if it is upsetting you or your family.

Access good quality information

It's important to get accurate information from credible sources such as those listed below. This will also help you maintain perspective and feel more in control.

Try to maintain a practical and calm approach

Widespread panic can complicate efforts to manage the outbreak effectively. Do your best to stay calm and follow official advice, particularly around observing good hygiene habits.

Managing your mental health while in self-isolation or quarantine

There are a number of ways to support your mental health during periods of self-isolation or quarantine.

Remind yourself that this is a temporary period of isolation to slow the spread of the virus.

Remember that your effort is helping others in the community avoid contracting the virus.

Stay connected with friends, family and colleagues via email, social media, video conferencing or telephone.

Connect with others via the Beyond Blue forums thread: Coping during the coronavirus outbreak.

Engage in healthy activities that you enjoy and find relaxing.

Keep regular sleep routines and eat healthy foods.

Try to maintain physical activity.

Establish routines as best possible and try to view this period as a new experience that can bring health benefits.

For those working from home, try to maintain a healthy balance by allocating specific work hours, taking regular breaks and, if possible, establishing a dedicated work space.

Avoid news and social media if you find it distressing.

As the ongoing spread of the coronavirus continues to affect the global economy, many people in Australia are losing jobs, liveli-

hoods and financial stability. For information and services provided by the Australian government, please visit Services Australia.

Seek support

It's normal to feel overwhelmed or stressed by news of the outbreak. We encourage people who have experienced mental health issues in the past to:

- activate your support network
- acknowledge feelings of distress
- seek professional support early if you're having difficulties.

For those already managing mental health issues, continue with your treatment plan and monitor for any new symptoms.

Social contact and maintaining routines can be supportive for our mental health and wellbeing. In circumstances where this is not possible, staying connected with friends and family online or by phone may assist.

Beyond Blue has fact sheets about anxiety and offers other practical advice and resources at beyondblue.org.au.

The Beyond Blue Support Service offers short term counselling and referrals by phone and webchat on 1300 22 4636.



Lions Club of Grovedale/Waurn Ponds Inc.

BY DAVID RIDLEY

Lions Clubs Bushfire Recovery Update



It has been a particularly trying time over the last few months in various parts of Australia due to the horrendous bushfires. To give you an idea of the activities of Lions Clubs in the wake of such tragedy, the below summaries are provided.

Australian Lions Clubs' Members and the public have donated as at the first of February 2020, \$1.2 million to the Australian Lions Foundation, with \$700,000 already allocated as Emergency Grants to Clubs and Districts on a need's basis, to assist with the important recovery from the bushfires.

You can be assured that these grants are being dispersed by Lions in the areas most in need. In addition, Lions Clubs International has made initial Emergency Grants of \$145,000 in Central New South Wales.

The efforts of the District Clubs and individuals to organise delivery of hay is amazing.

This District has received a grant for \$50,000 from Australian Lions Foundation to support the volunteer drivers with fuel costs to support the hay drive.

The Lions Club of Timboon, with the support of the community have organised delivery of 80 plus B Double and semi-loads of hay into the Corryong area with the Wangaratta Lions providing evening meal and breakfast for over 100 Drivers and families.

At the end of the journey a Barbeque was held for all families affected by the bushfires.

The Simpson Lions have received donations of 800 Bales of hay and are organising transport to the North East.

In addition, trucks have been loaded and dispatched to Kangaroo Island by the Cavendish community.

The Lions Club of Portarlington/Drysdale have been conducting

a Tools Collection Appeal and transporting these into Gippsland and North West Victoria, with 3 Ute and trailer-loads delivered to Bruthen, Corryong and Mallacoota over the past four weeks. These items are being well received by those effected by the bushfires.

Although our numbers are small at the Lions Club of Grovedale/Waurn Ponds we have been able to make a significant financial contribution to the bushfire relief fund of Lions as well as organising used tools collection for the appeal by Portarlington/Drysdale Lions.

If you would like to be involved with Lions in our efforts, we'd love to hear from you.

You can contact us as follows:
Membership Chairman, Allan Reeve on 0418 527 559 - or the Club President, David Ridley on 0459 574 347

DID SOMEONE MENTION CHOCOLATE?

Yes once again we are about to fully indulge our delight in chocolate without any guilt as it's fully permissible at this time of the year.

Enjoy everyone from all of us at the Grovedale-Marshall Probus club.

After all the excitement you may be reflecting on the year ahead, asking yourself if you should perhaps join a group. A group of like minded people that get together to socialise and enjoy each other's company. If that is the case I have just the club for you.

Our club (Grovedale Marshall Probosc Club) is a group of roughly 60 active retirees, some semi retired who get together the second Thursday of each month. We meet at the Grovedale Community Centre at 0930 for a 1000 start.

Following a short meeting advising members of the various activities available over the month we break for morning tea where we have the



Chance to catch up with each other and welcome any visitors before we are entertained by a guest speaker.

The activities we have over the month include coffee mornings, a lunch once a month, dinner once a month, morning melodies, a walking group, movie night short trips and once a year a longer trip. Next month a trip has been organised to tour to Merimbula, visiting Gippsland lakes, Lakes Entrance and surrounding countryside. Space is still available if anyone wishes to join us on this trip.

So...What do you think? Sound like you?

If so, you can either turn up at our April meeting on Thursday the 9th, or you can give me a call on 0458288504 and I will be pleased to chat with you.

Looking forward to meeting you.

TLC Aged Care



What is residential aged care?

Aged care will be part of life for many of us, so choosing the right home to suit your needs is essential. Residential aged care is the next step from living at home, a retirement village or assisted living facility when you require full-time clinical care. Making sure that you get the best possible care in friendly, modern, clean and comfortable surroundings can be challenging.

TLC Aged Care (TLC) has been providing premium level residential aged care services in the Geelong area for over 26 years. Selecting the best aged care home has become much easier, thanks to TLC's visionary residential aged care homes located in Belmont (The Belmont), Armstrong Creek (Warralily Gardens) and Wallington (Homestead Estate).

TLC provides both permanent and respite residential aged care, plus day respite for the elderly at their location in Belmont. In their specially designed dementia support environments their highly trained team applies an innovative approach to meeting the needs of residents living with dementia. They also offer a unique, innovative and extensive range of facilities and services including private rooms with ensembles, state-of-the-art medical centres, cafés, gymnasiums, hydrotherapy pools (Warralily Gardens & Homestead Estate), virtual reality cinemas and beauty salons.

The on-site TLC Primary Care medical centres that are co-located within all three homes ensure that the residents get a level of professional healthcare that is second to none.

The medical centres provide care to the residents of the homes, but are also open to the public, so patients don't have to be a resident to make an appointment. The medical centre team includes doctors, geriatricians, cardiologists, chronic disease management nurses, physiotherapists, podiatrists and dieticians who support our aged care registered nurses, enrolled nurses and personal care staff.

To discuss your aged care needs or to arrange a personalised tour of a TLC Aged Care home, visit tlcaged-care.com.au



**We want
your stories.**

If you have anything you would like to contribute or share with the Grovedale community for the upcoming issues please contact info@grovedalenh.org.au and mention the Grapevine.

Grovedale Waurn Ponds Rotary Club needs new members

Join a happy group of people who are doing good in the world.

Great Fellowship and Teamwork. We meet at Rice Village most Wednesdays.

We have great guest speakers and a lot of fun at our meetings.

There is no compulsion to attend every meeting. All age groups are welcome.

Some of our projects for the year entail:

In Geelong:

- Bunnings BBQ's and a Dinner Auction as fund raisers.
- Supporting Students from Geelong Lutheran School visit to Vanuatu where they made bookshelves for a school.
- Foundation 61: we have committed to fund raising for this local Drug and Rehabilitation Centre.
- We conduct mock job interviews for students at Grovedale Secondary College and Geelong Lutheran College,
- Help with breakfasts at Oberon 5th Primary School and dinners at Christchurch meals, Working bees at Age care homes and Mandama Primary School,
- Visit elderly at Christmas time,

In Australia: Tim McGrath Melanoma project, Trachoma Eye Disease, Pedal for Prostrate, Rotary Bushfire Appeal

Overseas:

We sponsor International Rotary Exchange students.

Aqua Box and Shelter boxes for world disasters,

- Sponsor House of Angels Orphanage in Africa,
- We help neighboring Rotary Clubs with their projects and they reciprocate with us.

BUT WE NEED NEW MEMBERS TO HELP US CONTINUE WITH OUR SERVICE TO THE COMMUNITIES.

ENQUIRIES GARY CLARK 0418593767.

Immerse your child in Sounds Right Phonics

Please contact [soundsrightphonicsclasses](mailto:soundsrightphonicsclasses@gmail.com) for future classes.

Immerse your preschool child (aged 3 months to 5 years) into a sensory wonderland with Sounds Right Phonics classes. Classes offers play led learning opportunities to encourage speech and language, speaking and listening, and turn taking while developing your child's confidence.

Prepare your child for school as they learn a new letter sound each week and reinforce previous letter sounds though fun, interactive games. Our friendly Robot Reg shows children and parents how to develop early reading skills, while high energy activities promote fine and gross motor strength and balance.

A perfect class to bond with your child while you both learn and prepare for kinder and school years.

Classes for children aged 3 months to 5 years are held on Tuesday's and Saturday's, email Shae for more information shae@soundsrightphonicsclasses.com.au

“

Every hand that we don't shake must become a phone call that we place.

Every embrace that we avoid must become a verbal expression of warmth and concern.

Every inch and every foot that we physically place between ourselves and another must become a thought as to how we might help.

”

Rabbi Yosef Kanefsky



The Australian Lions Foundation and Bushfire Recovery



The Australian Lions Foundation is part of Lions Clubs International in Australia. The Foundation is supported by the 1400 Lions Clubs within Australia.

It provides direct financial assistance to individuals and organisations through the Lions Clubs in the local areas of need including:

- Emergency and Disaster relief (Fires, Floods, Cyclone and Drought).
- Compassionate Grants for people in need.

Funds are distributed in partnership with our local Lion Clubs, who work with the beneficiaries to manage projects, ensuring that every cent is used in the way that it should be.

The Foundation is committed to using the funds quickly and efficiently to help those people in their time of need.

\$3m has been distributed through the Australian Lions Clubs network in recent years.

The Australian Lions Foundation does not charge any administration costs and your total donation will be used to support the relief that you have nominated or may be used in cases of humanitarian or compassionate need.

Members of the public can make tax deductible donations directly to the Foundation. Just follow this link: <https://www.givenow.com.au/australianlionsfoundation>

Grovedale Toy Library News



How do children learn through play?

Exploring different play themes is an important part of childhood development. Children often have specific interests which guide the toys they choose, but we can encourage children to explore a wider range of toys.

Play teaches children a range of skills including social skills, speech and language, societal norms, how to share, negotiating, fun and relaxation.

Balancing play and developing skills

Most children will gravitate to the type of play they are most interested in. With a static range of toys at home, children may become bored or fixated on a particular toy. Of course, encouraging imaginative play with blocks and dolls is important. However, engaging your child/ren's natural curiosity through new play ideas can be a fun way to connect as a family. Ultimately, every new experience and exploration of skill will boost your child's development.

Children gain greater confidence through unstructured play. Exploring new types of toys and play themes can contribute to a willingness to continuously explore new ideas.

What is happening when my children are playing?

Play is a key building block for childhood development. When children play, it is their 'work'. Through exploring familiar and new play ideas, children begin

to understand many concepts, including:

The steps involved in an activity

- Reasoning skills
- Problem-solving
- Body awareness
- Social skills
- Receptive and expressive language
- Self-regulation: managing emotion, behaviour, attention and activity levels

Joining our toy library is an inexpensive way to offer a greater range of toys

Our toy library has more than 1,000 toys; by choosing different types of toys each time you visit, you can guide your child/ren to develop new skills and favourite toys.

The Grovedale Toy Library has a full range of toys to suit every interest and caters for children aged 0 – 5 years.

Visit us every Saturday morning from 9.30-11.30am (except during school holidays).

<http://www.grovedaletoylibrary.org.au>

References: www.childdevelopment.com.au



Opening Hours

Saturday
9:30 - 11:30 am

Enjoy over 1000 toys suitable for babies to 6 years for less than \$2 per week.

- Inside & Outside Toys
- Ride-on Toys
- Sports Equipment
- Building & Construction sets
- Puzzles & Games
- Imaginative play props
- Party & Travel Packs

Grovedale Community Hub
45 Heyers Rd, Grovedale 3216

info@grovedaletoylibrary.org.au

www.grovedaletoylibrary.org.au

Uniting Barwon

Are you looking for up to 15 hours volunteering per week?



Uniting Barwon urgently needs motivated, reliable volunteers to join our passionate welfare and Op Shop teams.

Uniting Barwon (formerly UnitingCare Geelong) is an emergency relief agency providing assistance to individuals and families in our local community who need practical support during times of financial and personal struggle.

We need more volunteers to join the retail teams based at our Op Shops in Point Lonsdale, Drysdale, East Geelong, Hamlyn Heights, Corio, Norlane and Highton, and our welfare teams in Grovedale, Norlane and Winchelsea.

URGENT vacancies include:

- Saturday 10am-12pm retail shifts at our Highton Op Shop
- Saturday 10am-3pm retail shifts at our Hamlyn Heights Op Shop
- Monday and Thursday 9am-1pm interviewer shifts at Norlane
- Tuesday and Thursday 9am-1pm receptionist shifts at Norlane

Other vacancies include:

- Weekday 10am-4pm shifts at our 7 Op Shops (customer service, merchandising etc.)
- Weekday morning and/or afternoon shifts:
- Receptionist (organising client appointments, phone and face to face)

- Receptionist (organising client appointments, phone and face to face)
- Clothing and food distribution (assisting our clients)
- Pickups and deliveries (van crew member or driver)
- Grounds and maintenance (mowing, weeding, cleaning etc.)
- Interviewing (assisting our clients)
- Sorting of donations (clothing and bric a brac etc.)
- Assisting with our monthly book sale (sorting and selling books)
- Welfare all-rounder (Reception, Interviewing, Food and Clothing distribution and Sorting at Grovedale and Norlane)
- Admin, finance and business related roles

If you or someone you know would enjoy being part of a can-do volunteer team, please contact Elizabeth Hopkin on 4210 1113 or email Elizabeth.Hopkin@vt.uniting.org

Support vulnerable people in the community and help make a difference.

*Volunteer appointments are subject to satisfactory Working with Children Check, criminal history checks and reference checks prior to commencement.

Uniting



Grovedale Tennis Club 50th Anniversary

In light of Governments restricting the number of people coming together for "non-essential" events as we try and contain COVID-19, the Grovedale Tennis Club Committee has made the incredibly difficult decision to postpone our planned 50th Anniversary Celebrations.

At this point-in-time the Committee plans to reschedule Celebrations to a future date. As a valued Member/Past Member and Community Based Organisation, I thank you for your interest and we will keep you advised on these plans. In these unprecedented times please follow our Governments' guidelines and stay safe and healthy.

Graeme Shearn, Honorary President 0413 457 275



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Homestead Estate tlc AGED CARE

2-18 Homestead Avenue
Wallington VIC 3222
03 5297 3400
tlchomesteadestate.com.au



The Belmont tlc AGED CARE

235 High Street
Belmont VIC 3216
03 5297 3300
tlcthebelmont.com.au



Warralily Gardens tlc AGED CARE

2-28 Freda Road
Armstrong Creek VIC 3217
03 9102 3000
tlcwarralilygardens.com.au

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