LONGBEACH PLACE COMMUNITY NEWS

December 2022
Issue 8

NEW INDIGENOUS & MULTICULTURAL EDIBLE GARDEN FOR ALL

Hi everyone,
It was a spectacular day for the launch of our Indigenous & Multicultural Edible Garden on Monday 28 November.
We had close to fifty people attend the launch with workshops presented by Karen Sutherland from Edible Eden Garden Designs.
The garden has been landscaped with thanks to City of Kingston and the Indigenous plants have been supplied by Carrum Indigenous Nursery.
Workshops included tea making and what to plant for a sensory garden.
The garden is open to the community during LBP hours. You are invited to come and enjoy it!
We'd love you to Like and Share our Facebook and Instagram pages so we can build our following.
We hope you enjoy this issue and we really hope to see you soon at LBP.
Wishing you a safe and happy Christmas and we'll see you in 2023. Your friendly Neighbourhood House!

IN 2023 WE WILL HAVE A RANGE OF WORKSHOPS INCLUDING WEAVING WITH INDIGENOUS GRASSES, COASTAL FORAGING WALKS, INDIGENOUS PHARMACY, INDIGENOUS SKINCARE AND GARDENING IN SMALL SPACES AND MORE!

NEW 2023 CLASSES

We are very excited to announce some fantastic new classes in 2023.
There really is something for everyone at LBP!

- All Abilities Communication Skills
- Speaking Confidently Workshops
- Virtual Reality Travel for Seniors
- Virtual Reality Fitness for Youth
- Medical Receptionist Training
- Dancing in the Park
- Cartooning for Youth
- Dungeons & Dragons
- Financial Literacy Workshops 4 over 50s
- Silver Jewelry Making

Don't forget all our regular classes always welcome new people-why not you in 2023? Yoga, Pilates, Low Impact Zumba, Walk 'n Talk, Craft, Art Innovations (now weekly), and the mighty Chelbara Singers have made us home!
Other classes eg: Xero, Microsoft and Keyboard for Beginners are taking new students for next year.
Contact reception 9776-1386, drop in or visit our website to register your interest for any activities.

ART GROUP NOW WEEKLY IN 2023

Last edition we met Craig Roberts our Art Innovations tutor - well good news - this class will be presented weekly now in 2023!
So grab your brushes or whatever medium you like to work in and come down to LBP from Tuesday 31 January at 10am and get your artistic and creative juices flowing!

ONE BILLION STARS PROJECT: UPDATE

Our volunteers have been busy crafting this fabulous gown- come and see it in our foyer! It will form part of the Neighbourhood House Week display planned for May 2023.
Like to join our Craft Group?
Call LBP or come along each Friday at 10am-12 noon during school terms to work on this or your own project. Special thanks to our Star Weavers!

THANK YOU

Thank you to the volunteers and staff that manned the Bunnings BBQ fundraiser on Sunday 13 November at Carrum Downs Bunnings.
We raised over $2500 for LBP!

SENIORS FESTIVITIES -A LAUGHING MATTER!

October was Seniors Month and we celebrated with two fantastic presentations. Will, from PCLC talked to us about the important awareness of financial elder abuse & scams and then Bron had us in tears with Laughter Yoga!

CHATTY CAFE CHRISTMAS CELEBRATION

We welcomed in the spirit of Christmas on Monday 12 December with our Chatty Café Christmas Celebration! We were serenaded with the Chelbara Singers , thanked our volunteers and enjoyed a delicious range of buns, Christmas cake and pies from our friends at Bakers Delight Chelsea.
We would like to thank all of our volunteers for a fantastic year and we look forward to bringing you more of the same great classes and activities and of course - a whole new range of activities! There's something for everyone at LBP!
Images Left: GC Member Rojer Lieberman thanks Jan Woody (Chelbara Singers). Rojer is thanked by LBP Manager Rebekah O'Loughlin and Rojer thanks Katie Wain (Walk n Talk) volunteer facilitator.

ALL ABILITIES CLASSES EXPANDED

Our All Abilities Classes are expanding in 2023. Students can look forward to continued Music with Sally at 10.30am, then Art with Billy at 11.45am on Friday's.
On Wednesday's participants can join our new Communication Skills from 10.30am -3pm (with a lunch break).
These classes have proven to be very popular and students are learning new skills, making friends and enhancing their life experiences every week. Interested? Call LBP and reserve your place.

RECIPE

WHITE CHRISTMAS

INGREDIENTS

185G WHITE VEGETABLE SHORTENING, MELTED
2 CUP COCONUT
100G WHITE CHOCOLATE COOKING MELTS, MELTED
100G RED GLACÉ CHERRIES, HALVED
1/2 CUP BLANCHED ALMONDS, ROASTED CHOPPED
1 CUP SULTANAS
3 CUP RICE BUBBLES
3/4 CUP SWEETENED CONDENSED MILK

HOW TO

COMBINE ALL INGREDIENTS
PRESS INTO A SMALL TRAY
REFIRGERATE OVERNGIHT OR UNTIL SET
CUT INTO SMALL CUBES TO SERVE

SAVE THE DATE

JANUARY

30 LBP Open - Classes Resume

FEBRUARY

9 Keyboard for Beginners
9,16 & 23 Speaking Confidently Workshops
14 Chatty Café
22 Start Your Own Business Class

MARCH

2,9,16,23&30Speaking Confidently Workshops
8 Chatty Café
14 Financial Literacy for 50+
Plus Xero, Microsoft Basics 1+ 2 commencing in February (dates TBC)

Please remember to return each room to its posted configuration when you leave!
The garden gate must also be kept closed at all times.
Also if you haven't yet filled in a Membership Form for 2023- please do-you can access it on our website.

DID YOU KNOW?

LBP ROOMS ARE FOR HIRE

Perfect for group meetings and kid's parties. Great rates! Call us or check the LBP website.

LBP TEACHES ENGLISH

If you, or anyone you know, needs help with conversational English, our EAL teacher is available to discuss your needs.
Please call us on 9776 1386 or email us reception@longbeachplace.org.au

REMINDER TO ALL TUTORS & MEMBERS

CHRISTMAS CLOSURE: ALL PROGRAMS FINISH ON FRIDAY 16 DECEMBER 2022 AND THE OFFICE IS CLOSED FROM THAT DATE.

WE RE-OPEN ON TUESDAY 17-19TH JAN & TUES/WED 24 & 25 JAN 10AM-1PM. LBP PROGRAMS BEGIN MONDAY 30 JAN 2023.

OUR YEAR IN PICTURES

ONE BILLION STARS

Find your computer pace at Longbeach Place

Seniors are learning to love technology with the help of dedicated volunteers in the southeast.

Carrie and Chris Ewin have spent years helping seniors learn to use computers at local community centres. "It's so rewarding when students first learn to use Skype or Facebook," Carrie said.

Chris and Carrie also volunteer their skills at the Chelsea PC Support Group at Longbeach Place. They join fellow facilitators Rojer Liberman, Alex Taylor, Leslie Trevena and Cheryl Ewin to provide seniors with engaging presentations on computer topics and opportunities to have their computer problems solved.

"The group introduces great ways to use your computer but we also have lots of games, prizes and nibbles," Carrie said. Chris added: "We're very proud that our monthly meetings are free."

The group teamed up with the Adult Community and Further Education Board and several local community centres to create the Seniors IT program in 2014. "Seniors IT is a hub of learning, support and resources for seniors to further their technology journey," said Carrie.

Carrie was recognised for her efforts when she received the Outstanding Youth Volunteer Award as part of the 2015 Premier's Volunteer Champions Awards. Chris was named runner-up in the Outstanding Practitioner Award in the Victorian Government's Learn Local Awards the same year.

Most recently, Carrie and Chris have put their years of experience together to launch a series of books with No Starch Press. Their first book is Facebook for Seniors: Connect with Friends and Family in 12 Easy Lessons, to be followed later this year by Computers for Seniors: Get Stuff Done in 13 Easy Lessons. These books will help you learn about technology with step-by-step instructions, full-colour pictures and activities, and you can order them from Dymocks, QBD, Readings or Amazon.

The Chelsea PC Support Group meets on the first Saturday of each month at Longbeach Place, 15 Chelsea Rd, Chelsea from 1-3.30pm. You can find out more about the group and Seniors IT from the website www.seniorsit.com.au.

Australia's BIGGEST MORNING TEA

Longbeach PLACE INC.

The Chatty Cafe Scheme

Bakers Delight

Learn Local

Carrum Indigenous Nursery Inc

TO OUR BILLION STARS WEAVERS, OUR 20TH ANNIVERSARY OF THE PC SUPPORT GROUP, 10 CHATTY CAFE'S AND OUR BIGGEST MORNING TEA YET! OUR BRAND NEW CLASSES (KEYBOARD, ALL ABILITIES ART & MUSIC) AND OUR OLD FAVOURITES (EAL,PILATES, ZUMBA, WALK N TALK, ART, I.T) THE SENIORS FESTIVAL AND OUR INDIGENOUS EDIBLE GARDEN LAUNCH! WHAT A YEAR! THANKS TO EVERYONE WHO PARTICIPATED!

holmesglen

Longbeach PLACE INC.

Self-Employment Assistance

Start your own business!

Need Free assistance to launch your idea?

Information Session

- **Exploring Self-Employment Workshop**
- **Small Business Training and Coaching**
- **Business Plan Development & Assessment**
- **Business Health Checks for current micro-businesses**

Longbeach Place Inc.

15 Chelsea Road, Chelsea 3196
Date: Wednesday 22 February 2023
Time: 10.00am - 11.30am
Cost: Free Bookings Essential

For bookings or more information: 1300 634 748
email: selfemploymentassistance@holmesglen.edu.au

VICTORIA State Government

RTO: 0416 CRICOS Provider Code: 00012G

PROUDLY SUPPORTED BY City of KINGSTON

NETWORK INFORMATION

GAMBLING HARM HELP

The Gambler's Help Southern program based at Connect Health & Community has been supporting the local community since 1995 and our mission is to raise awareness of gambling harm and support those affected in our community.
Download - How Carolyn's gambling addiction landed her in prison | Podbeanhttps://www.podbean.com/site/EpisodeDownload/PB11B0980XNX7N

If you're part of a Neighbourhood/Community Centre, Probus club, U3A, Men's Shed or any other community group and would like to learn more about gambling harm, the impacts on families and our local community we deliver community information sessions in your area. To book a speaker contact Claire Emmanuel at c.emmanuel@connecthealth.org.au

Our support includes a range of free and confidential services such as:

- Counselling (therapeutic and financial)
- Venue support
- Community engagement
- School education

Contact Gamblers Help to discuss your needs ph 9575-5353 Mon-Fri 9am-5pm
https://gamblershelpsouthern.org.au/

CONTACT

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