

Golden Plains Shire Health Promotion Project

Creating Health and Wellbeing

Contact Details

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Dereel & Enfield News

May 2011

Community Breakfast

Our May breakfast is called Poached eggs with grilled tomatoes and baked beans. After a bowl of cereal and berries.



Bring the family or your neighbour for this fun social meal.

Breakfast is free but a donation would be much appreciated.

When: Tuesday May 3rd
Where: Community Centre
Time: 7.15—8.30am
Cost: nil

Healthy Eating Programme

In conjunction with Felicity from Ballarat Community Health we have developed a Healthy Eating Programme which will consist of a folder containing a food diary, healthy eating tips, shopping list and a food pyramid to give you lots of ideas. There is a regular weighing in day at the community centre which is the first Tuesday of each month. Felicity will be on hand to give her advice and there will be an opportunity to share cooking ideas with others.

Please note this is not a short term solution but a lifetime commitment.

When: Tuesday May 3rd
Where: Community Centre
Time: 10.00

'Living Longer, Living Stronger'

These classes have been running for over two years now but the number of participants remain low. It is important that small communities take advantage of all health services offered.

The classes run Tuesdays and Thursdays 11.30—12.30
Cost \$3.

Please see either Craig or Bennita during class times for further information

Rail Trail Walk

Again walkers need to meet at the Linton Rotunda at 10am

The walk is 4.2Km (8.4 return) with the use of a support vehicle if required.



BYO Snacks and water. Comfortable shoes, hat and sunscreen are essential.

For further information contact Clare Beecham on 5321 1500

When: Thursday May 5th

Walking Group

Walk at your own pace, enjoy the company and stay for a healthy morning tea afterwards.

When: Tuesdays and Thursdays
Time: 08.30- 09.30

Cuppa and Chat

Come and join the walkers for a healthy morning tea and chat.

When: Tuesdays and Thursdays
Time: 09.30

Book Swop

There are a number of books in the community centre that are free to a good home or borrow one and give us another in exchange. Every Tuesday and Thursday morning.

Have a go at Glass Painting

Local resident Linda Fox will demonstrate the art of glass painting and provide the materials for you to have a go yourself.

When: Tues May 24th
Time: 10am
Cost: \$3.00 to cover materials

Fancy a walk around Lake Wendouree

Catch the Gold bus at Dereel and walk with the walking group around Lake Wendouree. Enjoy good company, make new friends and enjoy lunch at Stocklands Shopping Centre.

When: Thursday May 19th
Time: Bus departs 09.30
Cost: Return fare: \$5.00 with a

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Enfield Community Centre

The Community Nurse will perform simple health checks, weight, blood pressure and sugar levels

Where: Harrison Reserve

Next date: Thursday May 19th

Time: 1.30—2.30



WRISC

We welcome our WRISC worker to Dereel. The domestic violence worker visits monthly on the third Tuesday of each month. She will be available for one on one conversations on these days following the group discussion.

To make an appointment with the WRISC worker phone: **5333 3666**

When: Tues May 17th

Time: 10am

Healthy Eating Tip

How many oranges does it take to fill a glass with juice? A fresh piece of fruit is a better option as it has less calories and the added bonus of fibre

Unfinished Craft Projects

If you have an unfinished craft project that you need help with or just some encouragement to complete it bring it along to the community centre and get the help or motivation you need.

There are lots of talented women who attend the community centre regularly who will be able to help

Time: 10.00 onwards, any Tuesday or Thursday



Singers Wanted

There has been some conversations around creating a choir in Dereel. The purpose would be to have fun and perhaps go out and sing at local events etc. we need someone to lead us and possibly a musician or two. We also need people to make up the choir. If you like to sing contact Bennita on 0427 095 998 or call in at the Community Centre on a Tuesday or Thursday.

Winter Fire Safety

Come along and review your winter fire safety plans with a trainer from the CFA.

Christine is a great speaker who will inspire you to audit your house/property to ensure you and your family have a safe winter.

When: Tuesday May 31st

Time: 9.30 onwards



Receiving your Newsletter Online

To receive this newsletter by e-mail contact Bennita on 0427 095 998 or by e-mail commnurse@bdnh.com.au

The newsletter is also available online via www.goldenplains.vic.gov.au just follow the prompts or via Ballarat District nursing and Healthcare www.bdnh.com.au