



SOCIAL SUPPORT GROUP - "CHARM"

**September, October,
November 2021**

Spring Edition

(Caring, Healthy, Adult, Recreation and Music)

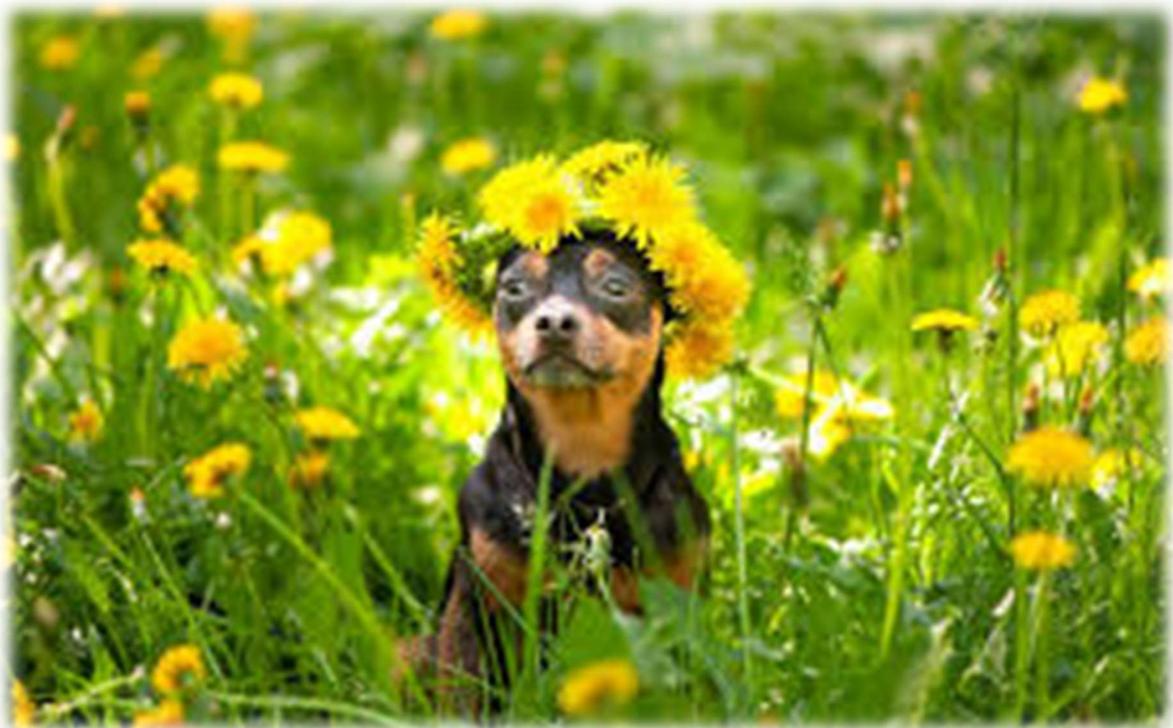
Contact Numbers

Office: Social Support Group - 55518381

Manager: Brenda Uebergang - 55518472

Coordinator: Fiona Mitchell - 55518683

Hello Spring



EDITORIAL:

News from the SSG team.

Things change quickly- Michelle Ellis is WDHS newly appointed **Aboriginal Liaison Officer**, commencing on 1st August. Here is information on Michelle's new role -

As a health service, we're working hard to address racism and contribute to healing within our local community. As part of this initiative, we are excited to welcome our first Aboriginal Liaison Officer, to join us next month.

This new position will support WDHS to provide a culturally safe environment for our customers identifying as Aboriginal and/or Torres Strait Islander and their families.

Together with our recently introduced Aboriginal Cultural Awareness staff training, the Aboriginal Liaison Officer's role will also provide an ongoing source of learning for staff.

Truth-telling

Accessing healthcare services can be stressful for anyone, but for Aboriginal people there can be an added layer of personal or intergenerational trauma associated with a hospital visit.

The Western District Health Service recognises the Gunditjmara people of this area have endured great suffering over generations, and that truth-telling is a difficult but fundamental part of the reconciliation process.

We recognise the uncomfortable truth that many Aboriginal people were massacred at the hands of settlers in the Western District during colonial times. While we have moved on from that brutality, the memories and pain of that time remain with many families today. It is important to us that everyone feels

safe when coming into our health service, and that includes cultural safety.

The Gunditjmara have stories from tens of thousands of years of history across this region. As a health service, we continue to listen and learn.

We are proud to walk alongside the Gunditjmara people and Winda-Mara on this journey toward healing.



Binsu has also tendered his resignation, he and his family are relocating to Ballarat.

We wish both Michelle and Binsu the best in their new chapter. Recruiting is under way to fill vacancies.

Kind Regards Brenda, Fiona and the SSG team

Upcoming Important Dates:

Wattle Day	Wed, 1 st Sept 2021
Father's Day	Sun, 5 th Sept 2021
R U OK? Day	Fri, 10 th Sept 2021 date to be confirmed.
Friday before AFL grand final	Fri, 24 th Sept 2021
Melbourne Cup	Tues, 2 nd Nov 2021

BIGGEST MORNING TEA

Thanks to you all for your kind donations towards the Cancer Council we managed to raise \$161.50

Best Wishes from all of us at Social Support Group to everyone celebrating September, October, November Birthdays!



SEPTEMBER

Marion Pitts	5 th Sep
Maggie Dunbabin	19 th Sep
Rosemary Trimnell	20 th Sep
Maurice Shalders	10 th Sep

Judy Millard	9 th Oct
Phyllis Isbell	10 th Oct
Valda Huf	17 th Oct
Val Groves	28 th Oct

OCTOBER

Daphne Wiese	1 st Oct
Ruth Linke	4 th Oct
Effie Zippel	5 th Oct
Annette Munro	8 th Oct
Lorraine Mirtschin	8 th Oct

NOVEMBER

Geoff Thomas	8 th Nov
Stuart Ridley	11 th Nov
Debbie Dyson	17 th Nov
Geoffrey Elkins	26 th Nov
Helen Jellie	29 th Nov



**To our newest staff member Morgan Mason.
Morgan will be working on Wednesday and Thursdays and
is a leader for the Wednesday Group.**

STAFF FAREWELL

Michelle Ellis and Binsu Baby

SYMPATHY

Our heartfelt sympathies go to the family and friends of Marie Granziera
on her passing

+++++

PROFILE of: Don MacDonald

Towns you have lived:

Merino and Hamilton

Occupations: Farmer

Clubs I belonged to:

Hamilton Car Club

Hobbies/Interests:

Vintage Cars

Don's on the left!

TV Shows you like to watch: **Favourite Food:** Bacon and Eggs

I don't watch much T.V

What would you do if you won Tattsлото:

Give it to my children

What is your best advice for the youth of today:

If you are lucky enough to get education, stick with it.

What is your favourite activity when you attend Social Support Group? Table Tennis and visiting car clubs





Chef's Corner



CHOCOLATE PUDDING

Ingredients:

- 4 tbsp self-raising flour
- 4 tbsp caster sugar
- 2 tbsp cocoa powder
- 1 medium egg
- 3 tbsp milk
- 3 tbsp vegetable oil or sunflower oil
- a few drops of vanilla essence or other essence (orange or peppermint work well)
- 2 tbsp chocolate chips, nuts, or raisins etc (optional)

STEP 1 Add 4 tbsp self-raising flour, 4 tbsp caster sugar and 2 tbsp cocoa powder to the largest mug you have (to stop it overflowing in the [microwave](#)) and mix.

STEP 2 Add 1 medium egg and mix in as much as you can, but don't worry if there's still dry mix left.

STEP 3 Add the 3 tbsp milk, 3 tbsp vegetable or sunflower oil and a few drops of vanilla essence and mix until smooth, before adding 2 tbsp chocolate chips, nuts, or raisins, if using, and mix again.

STEP 4 Centre your mug in the middle of the microwave oven and cook on High for 1½ to 2 mins, or until it has stopped rising and is firm to the touch. Dust with icing sugar or a good dollop of cream or ice cream and fresh berries if you wish. Serve warm.



FUNNY PICTURES & RIDDLES

If you boil a funny bone, it becomes a laughing stock, that's humorous!!



15 days containment I'M FINE
THANK YOU

13:20

NO, I'M NOT COMING DOWN!
We've been on 20 walks today. Leave me alone.



SOCIAL SUPPORT GROUP MEMBERS
A guide for times when - YOU FEEL UNWELL

If you are experiencing any of the following COVID symptoms

Dry Cough, sore throat, shortness of breath, runny nose, fever, Change or loss of taste or smell

- **Seek medical advice, have a COVID test and isolate until you receive your results**

If you are experiencing flu like symptoms including:

Headache, fever or aching joints

- **Seek medical advice and stay home**

If you are experiencing gastro symptoms

Nausea, vomiting, diarrhoea,

- **Stay at home for 48hrs from your last symptom**
- **Seek medical advice if symptoms do not pass**



**PLEASE DO NOT come to SOCIAL SUPPORT GROUP
or VISIT YOUR FRIENDS
or RELATIVES**

**THESE SYMPTOMS ARE CONTAGEOUS AND WE DO NOT
WANT TO PLACE OTHERS AT RISK**

REMEMBER TO WEAR YOUR MASK

**STAFF MAY ASK YOU TO GO HOME IF YOU
DEVELOP SYMPTOMS OR SHOW SIGNS OF THESE!**

THANK YOU FOR YOUR ASSISTANCE



Look who we found in the local paper! Two of our Tuesday Gentlemen, Colin & Tom, gallivanting around the region in style!!!

9 19 2021

www.spec.com.au

Taking some trips down memory lane

BLAIR BURNS

AS Colin Warfe has been cruising around the local region in his pride and joy, a 1987 Rolls-Royce, he has documented all his trips on social media and received a great response from the community.

Since the pandemic began last year, he has travelled around learning more about the region with his good friend, Tom Guinea, and shared their progress on Facebook.

The two retirees have taken plenty of trips down memory lane and were happy to receive what they described as an "overwhelming" response from the community.

Some of their favourite places to visit are the new places they haven't been before – their travels have taken them as far as Warrnambool and Camperdown.

Mr Warfe is an active member of the Hamilton Car Club and without regular meet ups and trips due to COVID, he knew he had to adopt an alternative to survive the pandemic.

He lived in Tarrington before moving to Hamilton for retirement and said when he first moved, his friends and family were worried he would be isolated, but he was now getting recognised out in public.

It all started when his family talked him into going to a Western District Health Service (WDHS) social group.

"I was pretty quiet and shy in those days...(but) I made a couple really good friends and Tom was one of them," Mr Warfe told *The Spectator*.

He said the urge to get out and about came during the COVID-19 pandemic last year when people from all over the state were stuck inside.

"I've always had a yearning to have a nice car (and then) I got the opportunity to with this Rolls," he said.

"Somebody I know about my age died and it just got me thinking, while I'm still capable, I may as well enjoy a bit of life."

When possible, Mr Warfe and Mr Guinea got out of the house and went on small trips around the district exploring places neither of them had been before.



KEEN travellers, Colin Warfe and Tom Guinea, have been exploring different areas in the region together in Mr Warfe's 1987 Rolls-Royce since the COVID-19 pandemic began last year. They have been sharing their journeys on Facebook and have received some great responses from the community. Photo: LAUREN HAY.

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"I like photography and I just kept putting (the photos) on Facebook, it sort of built up from there," Mr Warfe said.

He said some of the responses and comments they received were "unreal" and they enjoyed sharing images of the region that brought back memories for others.

"I realised there was a lot of people that don't get out much anymore and some of the photos we took brought back memories for them," he said.

A recent trip saw the two travel to Penshurst where they visited the arboretum and Mount Rouse.

While the stairs to the lookout proved to be a task too great, Mr Guinea said it was a great day out.

"Colin said he wasn't going (up the stairs), I said well I'm not going then (because) he is just over 70 and I'm 84 next Friday," Mr Guinea laughed.

"It mightn't interest other people, but it interests us and we are happy that we aren't sitting at home."

The new world of social media and Facebook has been an unknown experience for Mr Warfe but more people saw photos there than in photo albums nowadays.

"It's just a hobby for us now, we like to fit in with the community and do our little bit and (it's great) if we are making people happy," Mr Warfe said.

The two keen travellers don't plan on stopping anytime soon.

"When the longer days come and if our health stays the way it is, we will go further afield," Mr Warfe said.

You can visit the 'I've lived in Hamilton, Victoria' Facebook page to see some of their adventures and keep your eyes out for more to come.