

LONGBEACH PLACE COMMUNITY NEWS

March 2021
Issue 1



WELCOME

Hello and welcome to our first edition! We hope to publish every quarter and provide information about what's happening at LBP and in your community.

Feel free to give us feedback and contributions-we want this publication to be informative and fun. Hopefully you've started 2021 positively and are keen to have some new experiences this year.

We'd love some of them to be with us! Please read and enjoy (maybe with the slice on page 3).

ABOUT US

Longbeach Place is a community based organisation which has been operating since 1975 in the City of Kingston. We are part of the Southern Metropolitan region of Adult Community & Further Education (ACFE).

We have a range of programs, courses and activities that are run in response to community need. Everything from computers, exercise & craft to book club, art, walking & armchair travel groups.

We are here to provide an inclusive, warm environment for you to meet new friends, learn, create and most importantly, connect & have fun!



AN INTERVIEW WITH...

Mirelle Vidal-our EAL teacher!

What is your background? I had many jobs after uni but the most interesting was being an International flight attendant for Qantas. After having kids I went back to study to obtain TESOL (Teaching English to speakers of other languages) qualification.

Why Community? And what do you love about working at LBP? I started as a volunteer with LBP in the EAL classroom and was then offered a job! I love being part of a workplace that offers a safe and supportive environment where adults can learn, share skills, connect to the community and have fun.

How do you inspire your students? I create classes based on their personal goals and interests and encourage them to share their skills/talents in the classroom and I find that a great motivator.

What do you do for fun? I love spending time with my family, camping, music and watching movies.

What is the mantra you live by? Breathe!!

EVENTS

May

Saturday 8th - Open Day Trail

This is a wonderful opportunity to see what your local community has to offer, to connect with local services and to meet new people. This fabulous initiative supports and celebrates both National Volunteer Week and Neighbourhood House Week and we will be opening our doors between 10am-2pm to showcase the engaging program at LBP. Look out for our flyer in April!

Thursday 27th - AGM 7pm

(see our website for more information)

June



Tuesday 8th - Biggest Morning Tea

We will once again be supporting this important event and ask you to bring a gold coin donation to support our fundraising efforts.

Join us for some fun and games and, of course, a yummy morning tea at 11am! Huge thanks to *Chelsea Bakers Delight* for their ongoing support and donations. See our website for more details.



Zumba

ACTIVITY SNAPSHOT...



Community

RECIPE

Healthy brownie slice

Ingredients:

- 2 cups almond meal
- Approx 20 dates & prunes (no pips!)
- 1 large spoonful of almond butter
- A drizzle of golden syrup or rice malt syrup
- 2 tsp vanilla essence
- 3 tablespoons LSA (linseed/sunflower/almond)
- 2 tablespoons cocoa powder
- Water as/if necessary to make a soft, sticky mixture

Method: So simple!

Put everything into a food processor and whiz until blended. Spread into a slice pan and top with some melted dark chocolate (approx 3 rows). Toasted & shredded coconut is also great. Set in the fridge.



GROUPS & COURSES @ LBP

- Yoga
- EAL
- Pilates
- Walk 'n Talk
- Art group
- Zumba
- Xero
- Drama
- Computers
- Karate
- Craft
- Book group
- Tai Chi
- PC support group

Longbeach Place
Community Morning Tea
2nd Tuesday of every month
at 11am
Everyone welcome!
Supported by
Bakers Delight Chelsea

'One Billion Stars' project

LBP is currently involved with other local City of Kingston community centres to help end violence. If you would like to be involved in folding the paper stars, please join our craft group at 10am on Fridays in Term 2. Materials supplied.



JOKES

Greg: I've got problems with mathematics
Alan: Me too
Greg: That makes four of us

What did the toilet roll complain about?
People ripping him off.

Which table fits in the fridge?
A vegetable!

Please send in your jokes to:
reception@longbeachplace.org.au



NETWORK INFORMATION

IS A LACK OF MOBILITY SERIOUSLY REDUCING YOUR QUALITY OF LIFE?

Do you struggle to do the shopping or visit your friends because you can no longer drive a car or walk to the shops? Have you considered a Mobility Scooter, but thought they were beyond your means?

The **Rotary Club of Chelsea**, in partnership with the **City of Kingston** are excited to announce a new project to address this situation.

With a grant from the City of Kingston and support from local businesses, a number of high-quality mobility scooters are being offered as a package to local residents in need. The scooters are leased at a nominal rate, paid by CentrePay, and are intended to make the scheme self-funding.

Residents will be selected by the City of Kingston, based on a number of criteria - mainly to those suffering restriction in movement as a result of illness, advancing age or disability, who are financially unable to purchase a scooter. Recipients will be monitored by Council Occupational Therapists to ensure their continued ability to operate the scooters safely.

- High Quality Mobility Scooter
- Scheduled Maintenance by Tyrepower Chelsea
- Insurance
- Personal Support by Chelsea Rotary Members

FOR MORE INFORMATION Contact Kevin Harrison (Chelsea Rotary) 0407 772 225

Chelsea Support Services

We are back to our usual opening hours Monday to Friday 9.30-3.30 and we can assist local community members with emergency relief such as food vouchers and parcels, utility relief, help with medical, dental and pharmaceutical expenses.

No need to call-just pop in!

LBP HOUSEKEEPING

Please remember to be Covid safe and wipe down all tables and chairs after every use. There are cleaning supplies/gloves in the filing cabinet next to the photocopier for all groups to use.

We need to stay 1.5 metres apart at all times and we still have room restrictions in place for that reason. Please check room allowances before booking. Please close all windows after packing up your room.

We are not open on Public Holidays and most of our groups do not run during school holidays.

Our office hours on school holidays are: Tuesday/Wednesday/Thursday between 10am and 1pm.

THANK-YOU

A big thank-you to Tatiana & Irina for the stationary donation and to Mirelle's EAL class for the tea! It's very much appreciated.

CONTACT

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