

## Homemade Cleaners You Can Make Yourself!

The key ingredients you need just might be hiding in your pantry

### All-purpose cleaner and deodoriser

What you'll need:

- 4 tablespoons baking soda
- 1 litre warm water

To clean kitchen counters, appliances, and the inside of your refrigerator, all you need is baking soda. "It makes a great deodoriser and can be used to shine stainless steel sinks and appliances. Just pour the above solution on a clean sponge and wipe.

### Glass Cleaner

What you'll need:

- 2 cups water
- 1/2 cup white or cider vinegar
- 1/4 cup rubbing alcohol 70% concentration
- 1 to 2 drops of orange essential oil for smell (optional)

The next time you need to wash your windows and mirrors, combine these ingredients and pour them in a spray bottle. Spray the solution on a paper towel or soft cloth first, then on the glass. Hint: Don't clean windows on a hot, sunny day, because the solution will dry too quickly and leave lots of streaks.

### Heavy-duty scrub

What you'll need:

- Half a lemon
- 1/2 cup borax, a laundry booster; find it in the detergent aisle

Rust stains on porcelain or enamel sinks and tubs are no match for this cleaner. Dip the lemon into the borax and scrub the surface, then rinse. (This is not safe for marble or granite.)

Thanks Derek for the information!



## Sudoku

5	3			7				
6			1	9	5			
	9	8						6
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9

								6
	5	6	4		2			8
	3	1	8		7			
5		7		9		2	1	
					3			
			7			6	9	
					4	7	2	
7	8					1	3	
	1			5				

May, June and July 2018

Welcome to the May, June and July edition of the Better Places Stronger Communities Newsletter.

To say the year got off with a flying start is an understatement, our team has been very busy working with the Community Leadership Group to deliver a huge range of ongoing and stand alone programs and activities.

Some of the stand out achievements included in this edition are the first BPSC Garden Competition presentation see page 10 ,The Mural at the Elizabeth Grove Shopping Centre has been completed see page 5 as part of our Placemaking Plan. We held our Services Expo which was really well attended with nearly 1000 people attending on the day see page 2.



We would like to acknowledge our Volunteers both formal and informal that we would be lost without. National Volunteers Week takes place between 21st and 27th May and the theme for this year is 'Give a little. Change a lot.' Our Community Leadership Group not only give us direction for the programs and activities we run they also attend training and professional development days. This year we have provided

- Child Safe Environments Training
- Community Development Training with Community Centres SA
- AnglicareSA's E3 online learning

**Thank you for your ongoing support, motivation and wisdom.**

We always welcome new people into this group so if you would like to find out more please contact the Community Development Team 8209 3666.



Above is a pic of the Harmony Day Celebration held at Haslam Estate on March 21st—we enjoyed a lovely stir fry for lunch and had some great conversations! Thanks to all that attended

### New Dog and Cat Laws in Playford

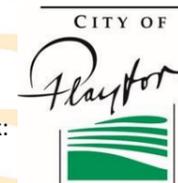
The City of Playford are introducing new dog and cat laws starting from the 1st of July (further information on page 6) check out the City of Playford's Facebook page to see the great opportunity to have your pets micro chipped for just \$10...



### \$10 Micro-Chipping for Playford Pets Day:

May 20th, 9:00am to 2:00pm

**AWL Edinburgh North**  
Hewittson Road



To Book you will need to follow this link:

<http://ow.ly/wVFY30jAFCG>

### What Else is happening?

Over the next three months there is a lot on the calendar including;

- National Families Week - 15th May to the 21st May
- National Volunteers Week - 21st May to the 27th May
- National Reconciliation Week - 27th May to the 3rd June
- Refugee Week June - 17th June to the 23rd June
- NAIDOC Week - 1st July to the 7th July

Keep an eye out for a flyer or message from the AnglicareSA team letting you know what will be happening locally.



The Book Swap shelf is still available from the AnglicareSA office with some great books on hand and the good news is we are expanding! There is now a book swap available from the Care Takers Hut at the Haslam Complex - so if you see someone at the hut please come and make use of this great resource!

If there is something you would like to see in the next edition of the BPSC Newsletter please contact the Community Development Team on 8409 3666

'Better Places Stronger Communities News' is produced for BPSC tenants by the BPSC Team  
Shop 1, 60 Fairfield Road, ELIZABETH GROVE 5112, Phone: 8409 3666

Contributions and suggestions are most welcome....

Coordinator: Leonie Fuchs (8409 3660) or [lfuchs@anglicaresa.com.au](mailto:lfuchs@anglicaresa.com.au)

If you wish to receive this Newsletter electronically please email [lfuchs@anglicaresa.com.au](mailto:lfuchs@anglicaresa.com.au)

## Services Expo and Family Fun Day

What a day it was! Thursday the 19<sup>th</sup> of April the BPSC team organised a local services expo as requested by the Community Leadership Group (CLG). There were over 35 services in attendance plus entertainment and food and something for the whole family. The CLG came up with the idea and worked hard in the preparation on the day assisting with setting up the park and preparing everything for the attending services.

The weather was perfect and we saw in excess of 850 people come out to Burgate St Reserve. The day was such a success with many people learning about services that are available to them that they didn't know of before and many links made between agencies to assist with holistic service for our tenants.

We received great feedback and people were asking when the next one will be! Watch this space...



We would like to thank The Elizabeth Rotary Club and the Playford Men's Shed for looking after the food on the day! Working collaboratively with local services and sporting clubs really proved to be the right combination in providing the community with a sensational day. Thank you to all for coming out and supporting the community.

Playgroup SA, City of Playford Grenville Hub, City of Playford Food Coop, Goodstart, Children's Centres, Aspire Parents Next, Together in the North, Uniting SA, NDVS, AnglicareSA Financial Services, AnglicareSA Grief and loss, AnglicareSA Aged Care Services, AnglicareSA's Playford Communities for Children, The Smith Family, Salvation Army, Uniting Communities, Save the Children, Centacare, Relationships Australia, Elizabeth Netball Association, Nunkuwarrin Yunti, HIPPY AnglicareSA Elizabeth, HIPPY Novita Davoren Park, Playford Big Band, Tennis Gear, Helping Hand, Elizabeth South Community Centre, Lyell McEwin Volunteers, TAFESA, Scouts SA, AnglicareSA Reconnect, Elizabeth Rugby Club and Workskill.



Recently the CLG discussed the concern they have for people in our community that are socially isolated. This conversation resulted in AnglicareSA supporting the CLG to start the volunteer run 'Cuppa Crew'. This amazing group of volunteers will let you know when they will be in your area! Please come out for a cuppa, chat and event a game.

Monday 7th May Burgate Street  
Wednesday 23rd May Burdett Street



Social, psychological and medical research has now demonstrated conclusively that there is a direct correlation between the degree to which a person feels connected to others and their physical and mental health. Here are some of the most commonly known effects of NOT feeling a connection to others:

- Generally decreased feeling of vitality, less energy and feeling tired more often.
- Greater likelihood of chronic illness such as heart disease, cancer, diabetes, etc.
- More frequent bouts of sickness, such as colds or flu, and longer recovery times.
- Longer recovery times from injury.
- Regular feelings of loneliness.
- Increased likelihood of depression.
- Decreased level of happiness and satisfaction with life in general.
- The toll loneliness takes accumulates with time and goes right down to the cellular level. — University of Chicago
- Lonely middle-aged and older people report more chronic stress and feeling more helpless than non-lonely people with the same number of stressful challenges and blood pressure was 16 points higher in lonely people over 65. — Current Directions in Psychological Science
- Loneliness is linked to accelerated wear and tear on the body, due to the interruption of restorative sleep. Even college-age lonely people had poorer quality sleep. — Science Daily
- Longevity increased by 22 per cent among people 70 and older with a large circle of friends compared to those with the fewest. — Australian Centre for Aging Studies
- Alzheimer's disease is twice as likely to develop in lonely people. — Archives of General Psychiatry

For this and further information please go to; <https://socialwellness.wordpress.com/the-causes-and-impact-of-social-isolation/>



The Neighbourhood Watch group has now held two meetings in Elizabeth Grove and Elizabeth Vale area. The recently established group are keen to get more people involved as we know many people make light work. SAPOL attend each meeting and will be holding information session in the future.

The group has decided the meetings will be held on the first Thursday of every month at 3pm. The location may vary depending on the amount of people interested in attending so please register your interest by calling the Community Development Team on 8409 3666.

### Future Meetings:

- |                    |                   |
|--------------------|-------------------|
| 7th June 2018      | 4th October 2018  |
| 5th July 2018      | 1st November 2018 |
| 2nd August 2018    | 6th December 2018 |
| 6th September 2018 |                   |



### BPSC Garden Competition Celebration!

It was all smiles and proud faces in Elizabeth Grove On Thursday the 12<sup>th</sup> of April as the BPSC team celebrated the first BPSC Garden Competition! The competition gave our tenants an opportunity to showcase their beautiful gardens and enter the competition into the following categories;

- Best small or container garden - winner Julianne
- Best overall garden - winner Juianhong
- Best colourful garden - winner Jacki
- Best transformation - winner Trynje
- Best lawn - winner Ron
- Best produce garden - winner Seyed

The prizes up for grabs included 6 \$100 Bunnings vouchers and winners' plaque that were presented at the brunch. Congratulations to all of our winners; Jianhong, Seyed, Ron, Julianne, Jacki and Trynje we hope you enjoyed your prizes.

It was a wonderful celebration with over 25 people coming to Burgate Street Reserve including tenants and their families. Derek our Community Leadership Group member helped Trish Tenancy Services Manager with the presentation of the awards. Derek was responsible for initiating and leading this competition in partnership with the Community Development Team.

The competition not only acknowledged the hard work people put into their gardens but it will inspire other tenants to get involved and beautify their gardens. It was lovely to see people chatting and getting to know each other with their gardens being at the heart of the conversations.

Apparently the zucchini slice we had at brunch was amazing, please see the recipe below;



#### METHOD

**STEP 1** | Preheat oven to 170°C. Grease and line a non-stick lamington tin.

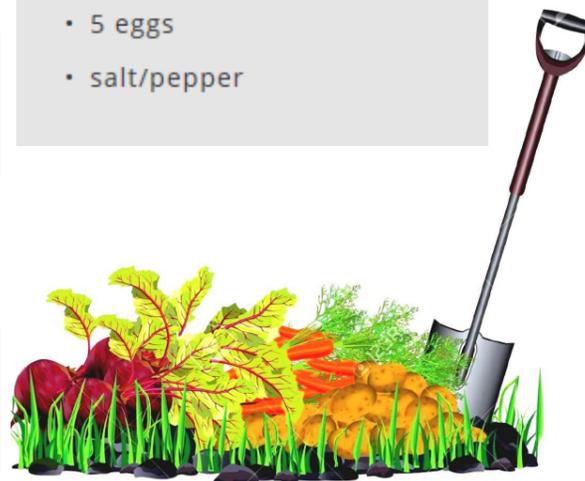
**STEP 2** | Combine zucchini, onion, bacon, flour and cheese in a large bowl. Add oil and lightly beaten eggs, and mix. Season with a little salt and pepper. Pour into lamington tin.

**STEP 3** | Bake for 35-40 mins until golden and set. Allow to cool slightly before cutting.

**NOTE** | the vegetables can be substituted or added to - try corn kernels, grated carrot, shallots, shredded beans, and leave out the bacon for a vegetarian version.

#### INGREDIENTS

- 2 zucchini, grated
- 1 large onion finely chopped
- 3 rashers bacon finely chopped
- 1 cup tasty cheese grated
- 1 cup self-raising flour
- ½ cup of oil
- 5 eggs
- salt/pepper



# CELEBRATE REFUGEE WEEK AT OUR MULTICULTURAL YOUTH CONCERT

FEATURING OMER MAMBA DIFENDA · AUGUSTIN · FIKIRIA WA KWELI · DMC DYSPORA · ARA YOUTH · BHUTANESE ETHNIC SCHOOL & MANY FUN ACTIVITIES FOR CHILDREN







**SATURDAY 23 JUNE**  
3 PM - 7 PM

NORTHERN SOUND SYSTEM  
73 ELIZABETH WAY, ELIZABETH SA 5112

NEED MORE INFO? CALL MODESTE ON 0468 803 827  
OR MUHAMA ON 0419 840 720

FREE  
DINNER PROVIDED











### Micro-chipping and desexing it's compulsory

From **1 July 2018**, it will be compulsory for: All dogs and cats over a certain age to be Micro-chipped.

**All new generations** of dogs and cats (born after 1 July 2018) to be desexed *exemptions apply for working dogs, registered breeders etc.*

These changes are designed to increase the likelihood of lost or impounded dogs and cats being reunited with their owners, and reduce the number of unwanted and abandoned litters euthanised in pounds and shelters.

#### Discount Micro-chipping

While the new desexing requirement only affects dogs and cats born after **1 July 2018, all dogs and cats must be micro-chipped by this date.**

Micro-chipping is a safe and permanent way to identify your dog and cat. The procedure is quick, with no ongoing discomfort and can only be carried out by a trained, authorised implanter. Discount micro-chipping days are offered throughout the state at various times of the year. Visit [dogandcatboard.com.au](http://dogandcatboard.com.au) or [chipblitz.com](http://chipblitz.com) for more details.

#### Greater powers for councils

Councils play a vital role in dog and cat management in your community. They are responsible for registration, collection and return of stray dogs and cats and investigating complaints of barking or dog attacks.

For this reason, councils will now have greater powers under the revised laws, including increases in some expiations and penalties.

There are also changes to who can accredit assistance animals.

#### DACO – a new way to register your dog or cat

From 1 July 2018, dog and cat registration, along with the way you manage your pet dog or cat's microchip, health and breeder information, will be simplified with the introduction of a new website. Dogs and Cats Online (DACO) will be the central point for all your dog and cat management payments and information, replacing the 68 individual council systems and private microchip databases currently in place. Not only will DACO simplify your dog or cat management needs, but it will streamline the process for councils, vets and animal welfare agencies too, giving these organisations instant access to information from around the state. This will help them reunite you and your lost dog or cat quicker.

#### Changes to dog registration categories

As of 2017, dog registration in South Australia has been simplified. Your dog now falls under one of these two simple categories.

**Standard Dog:** A dog that is both desexed and micro-chipped

**Non-standard Dog:** all other dogs, even if they are exempt from rules around desexing or micro-chipping, such as dogs belonging to registered breeders, working livestock dogs etc. These changes have been made to streamline registration categories throughout the state. Speak to your council about what rebates might apply to you.

#### About the Dog and Cat Management Board

Established in 1995 under The Dog and Cat Management Act, the Dog and Cat Management Board is the only statutory board of its kind in Australia and works closely with key partner organisations and the State Government to improve dog and cat management in South Australia.

Using its research and expertise the Board has ensured that South Australia's regulatory and legislative framework has been reviewed and amended to improve the management of dogs and cats in South Australia.

The Board was a key driver of the reforms soon to be introduced, and will take a proactive role in their application, including the new requirement for breeders to be registered, and in the roll-out of DACO.

Learn more at [dogandcatboard.com.au](http://dogandcatboard.com.au)



*Different pasts, shared future*

Awareness for Refugee Week in 2018. Refugee Week will be held from Sunday 17 June to Saturday 23 June.

A 'Refugee' is a person; boy, girl, woman or man. Not a label, but a human being with a beating heart just like you and me. And the refugee experience can be prolonged or it can be fleeting. Today there are more refugees than ever, and only by standing together with refugees can we begin to change this.

Refugee Week provides an opportunity for the Australian public to recognise and better understand the courage and contribution of refugees. People from across the world who have sought and in some cases found, safety in Australia. Hearing their stories during refugee week reminds us that these powerful people are defined by so much more than their past. People who today are making many valuable contributions to Australian society and who show immense courage and resilience.

Refugee Week is an opportunity for ordinary Australians, advocates, faith groups, schools, politicians, organisations, artists and communities to show their support and stand with refugees. See what is available in the area and participate in Refugee week this year.



**There is a lot of confusion about refugees: not just about who they are but also about the impact they have on Australian life. Below are responses to some of the most common myths.**

#### Australia risks being overwhelmed by new arrivals of boat people.....

From July 1, 2008 to May 31, 2009, 749 people entered Australia by boat without a valid visa. Compare that to Italy, which averages around 100 people every day entering the country by boat without visas (36,952 in 2008) or the US, where close to 10,000 people cross the border every week without valid visas.

#### Australia takes in too many refugees as it is.....

It is actually developing countries, whose resources are more stretched, that take in the majority of refugees. UNHCR statistics show that, in 2007, more than 85% of the world's refugees sought refuge in countries in the same region as their country of origin. The countries hosting the most refugees currently are Pakistan, Syria and Iran. In the Western world, it is Germany, the US and the UK that host the greatest number of refugees. In 2007 Germany was host to almost half a million refugees, and the UK and the US hosted almost 300,000 each.

#### Refugees get all sorts of handouts from the government.....

Refugees essentially have the same rights and entitlements as permanent residents. Any Centrelink benefits they receive (e.g. unemployment benefits, aged pension, family tax benefit) are paid at the same rate as any other Australian in the same situation. On arrival, refugees do get access to the Adult Migrant English Program and some receive short-term post-arrival assistance. This is in recognition of their particular needs and aimed at assisting them to make their contribution to Australian society.

#### Refugees cannot possibly contribute anything to us....

It is a myth that all refugees are illiterate peasants. The majority that come to Australia are educated middle class people – whose education, profession or political opinions have drawn them to the attention of the authorities and resulted in their persecution.

By definition refugees are survivors. They have survived because they have the courage, ingenuity and creativity to have done so. These are qualities which we value in Australia. The challenge for Australia is to assist newly arrived refugees to process the experiences of their past and rebuild their lives in Australia. If we do this we will reap the benefits of the qualities and experiences they bring to Australia.

For further information please go to: <https://www.ruralaustraliansforrefugees.org.au/event/australia-wide-refugee-week-2018-withrefugees/>

# National Reconciliation Week 2018

27 May - 3 June

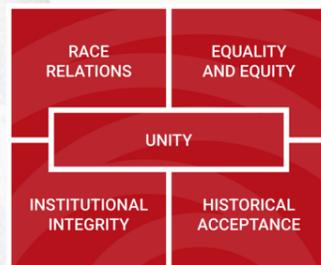
**don't keep history a mystery**  
learn • share • grow

This year, we invite Australians to Learn, Share, and Grow by exploring our past, learning more about Aboriginal and Torres Strait Islander histories and cultures, and developing a deeper understanding of our national story.

National Reconciliation Week (NRW) started as the Week of Prayer for Reconciliation in 1993 (the International Year of the World's Indigenous People) and was supported by Australia's major faith communities. In 1996, the Council for Aboriginal Reconciliation launched Australia's first 'National Reconciliation Week'. In 2000, Reconciliation Australia was established to continue to provide national leadership on reconciliation. In the same year, approximately 300,000 people walked across Sydney Harbour Bridge as part of NRW, showing support for the reconciliation process.

Today NRW is celebrated by communities, businesses and individuals at thousands of events across Australia

## The Five Dimensions of Reconciliation



### Race Relations

All Australians understand and value Aboriginal and Torres Strait Islander and non-Indigenous cultures, rights and experiences, which results in stronger relationships based on trust and respect and that are free of racism.

**Goal:** Positive two-way relationships built on trust and respect exist between Aboriginal and Torres Strait Islander and non-Indigenous Australians throughout society.

### Equality and Equity

Aboriginal and Torres Strait Islander peoples participate equally in a range of life opportunities and the unique rights of Aboriginal and Torres Strait Islander peoples are recognised and upheld.

**Goal:** Aboriginal and Torres Strait Islander Australians participate equally and equitably in all areas of life—i.e. we have closed the gaps in life outcomes—and the distinctive individual and collective rights and cultures of Aboriginal and Torres Strait Islander peoples are universally recognised and respected. Aboriginal and Torres Strait Islander people are self-determining.

### Institutional Integrity

The active support of reconciliation by the nation's political, business and community structures.

**Goal:** Our political, business and community institutions actively support all dimensions of reconciliation.

**Action:** Capitalise on the RAP Program to create a wider range of opportunities for Aboriginal and Torres Strait Islander Australians.

### Unity

An Australian society that values and recognises Aboriginal and Torres Strait Islander cultures and heritage as a proud part of a shared national identity.

**Goal:** Aboriginal and Torres Strait Islander histories, cultures and rights are a valued and recognised part of a shared national identity and, as a result, there is national unity.

**Action:** Achieve a process to recognise Australia's First Peoples in our Constitution



<https://www.reconciliation.org.au/national-reconciliation-week/>

## Placemaking comes to life at Elizabeth Grove Shopping Centre



As the clouds prepared for rain, community in Elizabeth Grove gathered to see Mural Artist Seb Humphries complete his artwork of a mural wall. The idea for having a mural on this wall originated from the Community Leadership Group (CLG). Having the mural is to not only beautify the area but decrease the large amount of graffiti and increase community pride.

BPSC held a BBQ on Friday the 13th April with around 20-30 people who attended to celebrate the completion of the mural where people from all ages came to watch Seb whilst he worked, which generated conversations and inspired young people to get involved in Art Programs etc rather than just tagging which has been very common in the area. Many stopped as they walked by to have a look at Sebs work and there were comments written by children on their thoughts on the mural. All positive and inspiring comments.

Shop owners and people of the community were interviewed on their thoughts of graffiti and the mural. The videographer got some great information and that will go towards the evaluation video.

The picture is of an elderly man and a little boy that look like they're playing chess but moving cities. So the idea is like the elderly and the young working together towards building a community. The theme is "community working together, from the youngest to the oldest."



The shop mural links with the BPSC Community Development Plan working with community, shop owners to identify projects and improve the community infrastructure through Place making projects.

The mural will increase and strengthen partnerships, increase capacity to grow and develop the shops as a viable and financial business. Murals such as this reduce graffiti.

Murals build a sense of community, they make it welcoming and walkable and they are known to make community want to go there and take pride in the street art.

Murals are known to reduce graffiti in the area. The beautiful image and message of building a community together will be seen by many people as it is placed in an area that is commonly used. It is on a wall that faces a street used by many parents and children on the way to a primary school. This is a nice way of having a visual message to get across and reach out to the public.



## Ready steady Cook 2018

This year for the Ready Steady Cook Group, we have randomly selected ingredients to make a delicious meal. We have two groups and each group has 5 different ingredients to work with. Its amazing what you can make with random ingredients & there have been some great meals made. Don has pulled together these recipes of what we have made so far. Thanks Don

### Recipe 1

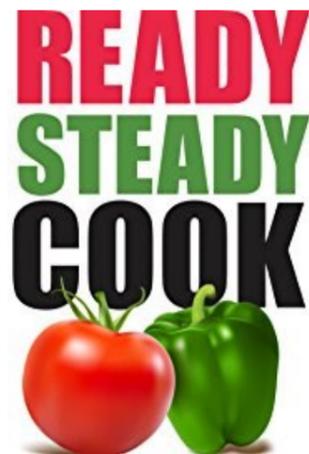
- 1 EGG PLANT
- 120G SPINACH
- 500 G CHICKEN BREAST
- 120G SPRING ONIONS

### Condiments

- 1 T/SPN GARLIC
- 1 DESSERT SPOON BUTTER
- 500 ML CHICKEN STOCK
- QTY. OLIVE OIL
- CORNFLOUR
- SALT/PEPPER

### Method

- SLICE EGGPLANT INTO 1 CM SLICES
- FINELY CHOP BOTH SRING ONION AND BASIL
- SLICE CHICKEN INTO THIN STRIPS
- HEAT FRY PAN ON HIGH HEAT
- WHEN HOT PLACE OLIVE OIL AND GARLIC INTO PAN
- SIMMER FOR A COUPLE OF MINUTES
- PLACE SLICED EGG PLANT INTO PAN COOK ON BOTH SIDES UNTIL SLIGHTLY BROWN.
- REMOVE FROM PAN AND PLACE ON PLATE WITH PAPER TOWEL
- ADD A LITTLE MORE OIL TO PAN
- ADD CHICKEN AND BASIL BROWN OFF SLIGHTLY
- ADD STOCK COOK FOR 5 MINUTES
- MIX CORNFLOUR AND WATER TOGETHER AND USE TO THICKEN, COOK FOR A FURTHER 3 MINUTES ON LOW HEAT
- FINALLY PLACE EGGPLANT AND SPRING ONIONS ON TOP CONTINUE COOKING ON LOW HEAT UNTIL EGG PLANT IS HEATED THROUGH.



### Recipe 2

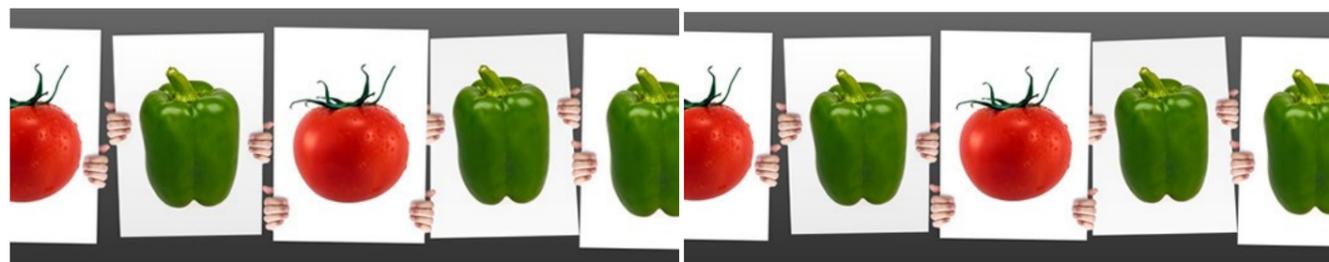
- 500 G BROCCOLI
- 500 G BEANS
- 4 MEDIUM SIZED CARROTS
- 1 FRESH CHILI
- 250 G UNSALTED PEANUTS
- YOU CAN JUST USE A PKT OF FROZEN GREEN VEG IF IT IS EASIER

### Condiments

- TABLE SPOON GARLIC
- 250 G BUTTER
- 1 LT CHICKEN/BEEF STOCK
- SWEET CHILI SAUCE
- CORNFLOUR OPTIONAL
- BROWN/WHITE RICE
- SALT/PEPPER

### Method

- IF USING FRESH VEGETABLES, CHOP THEM INTO MEDIUM PIECES
- PARTLY COOK VEGETABLE UNTIL LIGHT AND CRUNCHY
- HEAT PAN ON HIGH HEAT ADD BUTTER AND GARLIC AND CHOPPED CHILI AND PEA NUTS COOK UNTIL PEANUTS ARE LIGHTLY BROWNED
- ADD ALL VEGETABLE AND COOK FOR 5 MINUTES
- ADD SWEET CHILI SAUCECOOK FOR 2 MINUTES
- ADD STOCK AND COOK FOR A FURTHER 2 MINUTES
- ADD CORNFLOUR COOK FOR A FURTHER MINUTE.



NATIONAL VOLUNTEER WEEK  
Give a little. Change a lot.  
21-27 May 2018

National Volunteer Week (NVW) is the annual celebration of Australia's volunteers who generously give their time to various causes and activities.

This year, Volunteering Australia is pleased to announce the new theme, **Give a little. Change a lot.** that represents the millions of volunteers who make a significant impact in their communities and on society, by giving a little of their time.

We are very lucky to have such a great group of volunteers with AnglicareSA and we would like to acknowledge them for all they do.

This year our Volunteers have been extremely busy driving new initiatives and programs as well as supporting our team. We would like to thank not only our formal volunteers but those members of our community that always put there hand up to give a hand.

Thank you; Keri, Deb, Ron, Don, Tony, Derek, Judith, Seyed, Pete and Neil for your ongoing support. Without you we would not be able to have the impact on the community that we do. Your input and drive gives us direction and success.

Volunteers are happier, healthier and sleep better than those who don't volunteer – doctors should recommend it.

- 95% of volunteers say that volunteering is related to feelings of wellbeing.
- Volunteering results in a "helper's high", a powerful physical and emotional feeling experienced when directly helping others.
- Sustained volunteering is associated with better mental health.
- A strong correlation exists between the well-being, happiness, health, and longevity of people who are emotionally kind and compassionate in their charitable helping activities.

The experience of helping others provides meaning, a sense of self-worth, a social role and health enhancement.



RSVP Please contact the Community Development Team on 8409 3666 for further information



## Ready Steady Cook!

Want to learn how to make do with limited ingredients?

Come along and have fun, we supply everything!

- DATE 11<sup>th</sup> May, 25<sup>th</sup> May, 8<sup>th</sup> June, 22<sup>nd</sup> June, 6<sup>th</sup> July, 20<sup>th</sup> July 2018
- WHEN Every Friday Fortnight 11:00am to 1.30pm
- WHERE Elizabeth Vale Soccer Club, Mofflin Road, Elizabeth Vale



RSVP Please contact the Community Development team on 8409 3666 for further information

