

WAVLINK NEWS



April 2022 Newsletter

Dear Wavlink Community,

Welcome to our Quarterly Newsletter and some highlights from Term 1!

We have enjoyed 10 weeks of regular programs and the return of some favourite annual events and recognition days....

Celebrations included International Women's Day on March 8th, World Down Syndrome Awareness Day and Harmony Day on March 21st. Hearing Awareness Month was recognised with free hearing Tests at our centre and World Health Day on April 7th with a free online Mindfulness and Meditation session.

We have lots of ideas for activities next Term but as always if you have suggestions please let us know.

We are seeking expressions of interest in several new programs commencing from April 26th These include, Independent Living Skills, Tech Skills, Dinner Club, Neighbourhood Explorers, Claymation, Bowling and Cooking.

You can see the current timetable below and on our website www.wavlink.org.au

We also have some great Holiday Programs running on the 19th, 20th and 21st of April – but you will need to be quick to enrol as places are filling fast!

Feel free to contact us on 9561 7104 or info@wavlink.org.au to register you interest or if you would like further information.

Wishing you all a happy and healthy Easter break!

Amber Fleming





Wavlink Holiday Program

19 April - 21 April

For adults over 18 years with a mild to moderate disability

Tuesday 19 April - Ceramics Workshop

Decorating and designing ceramic plates

10.00 am - 3.00pm - BYO Lunch

Activity Cost \$15.00

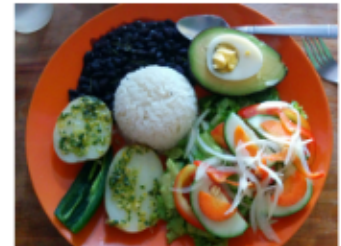


Wednesday 20 April - Masterchef

Enjoy cooking and learning about Central American Food

10.00am - 3.00pm - Lunch included

Activity Cost \$15.00



Thursday 21 - Art/ Craft and Games

A day for creating artwork followed by fun group games

10.00am - 3.30pm - BYO Lunch

Activity Cost \$10.00



Tuition Fees may also apply subject to funding eligibility - please get in contact to receive a full quote.

Information is also available on our website

<https://wavlink.org.au/enrolment/fees-and-charges/>

ndis
REGISTERED
PROVIDER



Neighbourhood Houses
The heart of our community

For further details or to register contact us

03 9561 7104 / info@wavlink.org.au

36 Myrtle St, Glen Waverley, 3150

DIARY DATES

- Term 2 starts: Apr 26th
- Neighbourhood House Week: May 9-15th
- Biggest Morning Tea Events: May 26 & 27th
- Bowl Cancer Awareness Day: June 16th
- Term 2 ends: June 25th



WAVLINK COURSE SCHEDULE

Online / Centre Based/ New Classes

Term 2 26 April - 25 June 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Performing Arts 10.30am-12.00pm</p> <p>Craft & Chat 9.30am-12.30pm</p> <p>Gentle exercise 1.00pm-1.30pm</p> <p>Mosaics 1.30pm -3.30pm</p> <p>Tech Skills 1.30pm -3.30pm</p> <p>Cooking 4.00pm - 6.00pm</p>	<p>Ceramics 9.30am-12.30pm</p> <p>Garden Studio 9.30am-12.30pm</p> <p>Claymation 10am 12.30pm</p> <p>Virtual Travel 12.30pm-1.30pm</p> <p>Print & Paint 1.30pm-3.30pm</p> <p>Soul Food 1.30pm-3.30pm</p> <p>Tech Skills 1.30pm-3.30pm</p> <p>Cooking 5pm -7pm</p> <p>Dinner Club 5.30pm-7.30pm (monthly meetings)</p>	<p>Literacy & Numeracy 9.30am-12.30pm</p> <p>Cooking 9.30pm-1.00pm</p> <p>Tech skills 10am 12.30pm</p> <p>Gentle exercise 1.00pm-1.30pm</p> <p>Card Making 1.30pm-3.30pm</p> <p>Tech Skills 1.30pm-3.30pm</p> <p>Bowling 1.30pm-3.30pm</p> <p>Cooking 4.30pm -6.30pm</p>	<p>Ceramics 9.30am-12.30pm</p> <p>Neighbourhood Explorers 9.30am-1.30pm</p> <p>Tech skills 10am 12.30pm</p> <p>Gentle exercise 1.00pm-1.30pm</p> <p>Art 1.30pm-3.30pm</p> <p>Textiles 1.30pm-3.30pm</p> <p>Cooking 4.00pm -6.00pm</p>	<p>Wellbeing 9.30am-12.30pm</p> <p>Jewellery 9.30am-12.30pm</p> <p>Tech skills 10am 12.30pm</p> <p>Life Skills 10am-3pm</p> <p>Tech skills 10am 12.30pm</p> <p>Gentle exercise 1.00pm-1.30pm</p> <p>Bowling 1.30pm-3.30pm</p>	<p>Sat Social 10.00am-12.30pm</p> <p>Cooking 10.00am-12.30pm</p> <p>Crafty Creations 1.00pm-3.00pm</p> <p>Tech Skills 1.00pm-3.00pm</p>

Express your interest for an online Life Skills course or a preferred day and time

Phone: 9561 7104 or Email: info@wavlink.org.au to find out more or register

POWER SAVING BONUS

Neighbourhood Houses Victoria and Good Shepherd have partnered to help eligible community members apply for the State Government’s \$250 Power Saving Bonus.

This one-off \$250 payment is designed to help ease the cost of living for eligible Victorian households during the pandemic.

Applications for the Power Saving Bonus are made online, however we understand that many people in our communities either lack access to devices or internet, or lack confidence and skills in using technology.

To ensure no one gets left behind, neighbourhood houses across the state are ready to help people complete their Power Saving Bonus application. Contact us for more information.

WHAT WE'VE BEEN UP TO



Ceramics

We have been making Easter decorations by hand and carving bowls using different carving techniques and transfers.

Have you seen our new Website yet? Check it out www.wavlink.org.au

Community street library

We're sure you've noticed that street libraries are popping up all over town so we thought what better way to engage with our local community than to offer (with Council's blessings) our own little street library from Wavlink. We've appreciated help from Monash Men's Shed and Bunnings and have been busy creating and decorating our very own little 'book house' which will soon be filled with awesome reads out the front of our house.



Out & About again

It's been so good to be able to get out into the Community again.

Groups have been enjoying a stroll up to the local shops, cafes and bowling and we hope to add more of these opportunities next term.



INDEPENDENT LIVING SKILLS COURSES



Wavlink's Independent Living Skills Courses have an emphasis on furthering existing basic skills. Our courses help to develop a sense of responsibility and accountability and help improve confidence and self esteem.

Our groups are delivered on a 1:3 ratio, therefore students will need to demonstrate some self motivation and need minimal support.

Days/times vary from term to term depending on students availabilities.

Check our website for the current term's schedule - www.wavlink.org.au

If you would prefer to participate from the comfort of home, our Independent Living Skills Modules are also soon to be available online.

Cooking

Learn your way around the kitchen.

Learn about nutrition and how to make healthy choices.

Develop planning skills around how to budget, shop for and prepare healthy simple meals.

Everyday IT skills

Develop skills and knowledge around smart phones, computers etc to improve independence.

Interpersonal skills

Learn how to be your best YOU!
Including improving your communication skills, personal awareness and self esteem.

Safety

Learn how to be safe at home, online and in the community.

And so much more...

Other topics include household maintenance, community participation, problem solving, literacy and numeracy skills, wellness and more!

Holiday Art

Have a go at colouring in this Easter Egg.

