

WAVLINK NEWS



April 2023 Newsletter

Dear Wavlink Community,

2023 is promising to be a year packed with exciting activities and events!

In February, thanks to the SRL community grants fund we commenced our Community Garden Reconnect Project. So far we have installed six raised garden beds and a beautiful blue gum bench seat and table setting. Our Garden Studio and new Nature Lovers groups learnt about growing and cooking herbs and vegetables - much to the delight of everyone. We have been harvesting homegrown produce to use in our Community Dinners and Cooking classes and still had more to share with our community. Thanks so much to Trisha for her energy and passion in developing our new Community Garden, it has become an important feature and sustainable resource at Wavlink. If you would like to get involved in volunteering to help care for the garden, please let us know.

We have added two new classes to our Term one timetable, Make and Bake and Wednesday Ceramics. We will reintroduce our Independent Living Skills course in Term two, with an option to study on the Tuesday or Friday. This course is designed for people wanting to increase their capacity in daily activities or those who are working towards the goal of living independently in the future.

Highlights for this term were:

Community Dinners where people came together and enjoyed Chinese New Year Celebrations and traditional Chinese food. Delicious Indian curries and sweets as we experienced an impromptu Holi Festival tradition using coloured powders to decorate each other. Spanish food with live music and dancing. It has been a great way to connect with others and learn about other cultures and cuisines.

Our Harmony Day Lunch was celebrated outdoors as we introduced community members to our new improved garden space, and shared good food (especially our home-grown vegetables)! The menu had a Persian theme to incorporate the celebration of Persian New Year as we recognised and acknowledged the wonderful diversity of Australian People.

Looking ahead to Term 2, we are planning activities for Neighbourhood House week in May and a fundraiser for the Australian Cancer Council Biggest Morning Tea - details to come soon.

We would like to invite you all to our community dinners and events, follow us on our Facebook page or come in and read our notice board opposite reception. As always, if there are other activities you would like to see at Wavlink, please pop them into our suggestions box or speak to us. Contact us via 03 9561 7104 / 36 Myrtle St, Glen Waverley 3150 / info@wavlink.org.au / www.wavlink.org.au

Wishing everyone a wonderful Term break.

Amber Fleming

[JOIN US ON FACEBOOK](#)

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24 April - 24 June 2023

JOIN US ON FACEBOOK

HARMONY WEEK GARDEN LAUNCH LUNCH



We came together to celebrate our diversity and share in a great meal for Harmony Week, where we officially launched our community garden.



Daley reads the Acknowledgment of Country and welcomes everyone to Harmony Week.

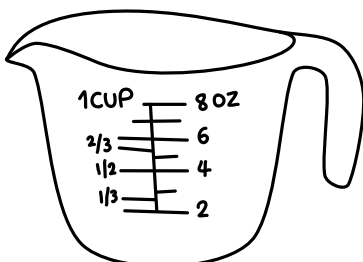
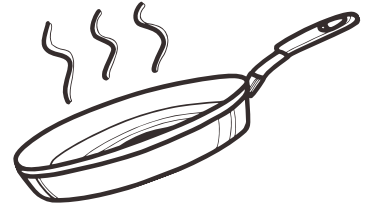
WHAT WE'VE BEEN UP TO

Art & Crafts



WHAT WE'VE BEEN UP TO

Cooking



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Bunnings Terrarium Making Workshop

The Garden Social group took part in a morning workshop learning how to create and care for our own terrariums filled with succulents. Thank you to Marie from Bunnings Vermont South.



WAVLINK COMMUNITY CAFE

Come along and join us for a delicious two course meal and great company. And at only \$15 for a two course meal, it's great value. Meals are prepared by our talented Cooking class...

4 May Italian
6 June Persian

Bookings are essential - CALL NOW!



WAVLINK COMMUNITY GARDEN

Wavlink were fortunate recipients of a Suburban Rail Loop Community Development Fund grant that has allowed us to further develop the community garden here at Wavlink.

The produce grown by our keen garden participants has been used by our cooking groups and in the Community Cafe meals here at Wavlink, as well as providing food to share and take home.



INDEPENDENT

Living Skills



Expressions of Interest
now being taken for
classes in Term 2 2023

Kitchen Skills

Learn to make simple meals you can
prepare on your own. Including:
Kitchen Safety & Hygiene, Cooking
terminology, Food preparation
techniques & Nutrition.

Living & Personal Skills

Gain confidence and know how in
daily living activities, such as:
Problem solving and money skills,
Household management skills, Self
Care & Improving interpersonal skills.

Tuesdays 9:30am - 3:30pm
or Fridays 9.30am - 3.30pm



CONTACT US

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