



Newsletter

August 2025



Dear Wavlink Community,

Welcome to our August Newsletter.

After a busy term 2 and fun filled holiday program, Term 3 is off to a great start. There are some fresh faces at Wavlink, with several new tutors, volunteers and participants joining the team. A huge thank you to Di Gow for taking on the role of interim manager while I was away on leave last term. As a former Manager and now Board Member for Wavlink, Di knows us well and will continue to be involved with some exciting initiatives we have lined up in the coming months.

Wavlink recently secured a Monash Quick response grant to help raise health awareness and understanding of our health systems. We will deliver a series of lunches with guest speakers to connect community members with accessible information and local services. Further details coming soon.

Our 'connecting carers in their community' project in Term 1 & 2 provided opportunities for carers to meet, share information and learn new skills with a series of workshops and lunches. We had positive feedback and hope to continue hosting regular carers events in future. If you would like information about future events, remember to register your interest and follow our socials.

Over the holidays our team spent time refreshing their first aid training and activity planning, based on suggestions from community members. In response to popular demand there are several new programs on offer this term, including woodworking , more excursions and kitchen skills.

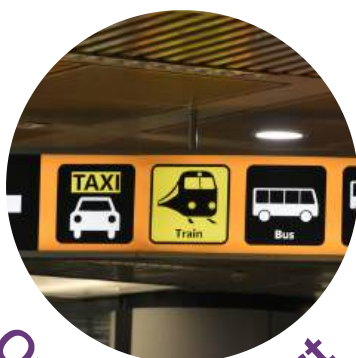
You can find our Activity Guide and current timetable at www.wavlink.org.au
For more info, or to get involved, feel free to visit, call or email or submit an enquiry form on our website.

We hope you enjoy reading about our recent highlights and upcoming events.

Amber Fleming - Wavlink Manager



New Activities Term 3 2025



Out and About

Tuesday 9.30 am - 1.30pm

Visit places of interest practice using a range of transport methods.



Thursday Fun

Thursday 9.30 am - 12.30pm

Weekly social group enjoying fun activities and excursions to places of interest.



Kitchen Skills

Friday 9.30 am - 12.30pm

Learn about food safety, nutrition and meal planning. Prepare and share lunch with a small group.



Healthy Snacks

Tuesdays 1.30pm - 3.30pm

Learn to prepare simple nutritious snacks and light meals



Woodwork and hobbies

Thursday 1.30pm - 3.30pm

Get creative with simple woodworking and other hobbies.



Independent living skills

Friday 1.30pm - 3.30pm

Increase your skills and confidence using technology to help you find employment

To find out more and register your interest, please contact us on

03 9561 7104

info@wavlink.org.au

36 Myrtle St, Glen Waverley, Vic 3150



wavlink.org.au



[@Wavlink](https://www.facebook.com/Wavlink)



[@wavlink.inc](https://www.instagram.com/wavlink.inc)



info@wavlink.org.au



03 9561 7104

3 Recent Highlights

Biggest Morning Tea



The Wavlink community came together over two days in May to host Australia's Biggest Morning Tea and raise money for the Cancer Council. Money raised by the Biggest Morning Tea helps fund research, prevention and support services for people with cancer.

We are thrilled to have raised over \$660 in donations for this great cause. Thank you to everyone who took part in this year's Biggest Morning Tea.



Xmas in July



Wavlink Community members celebrated 'Christmas in July' over the holidays. Thanks to the Glen Waverley bowls club for the venue and lawn bowls game. Kaya Catering served up a delicious dinner and we all enjoyed some wonderful music and dancing with the Jam Tarts Band.



A Chat With...

Helen

It's good to get out of the house and chat with other people at the Saturday Social group. It helps with loneliness.

I go for the Sydney Swans. Go Swans!



Sandy and Paul



Paul: we are in Tuesday Garden Social together.

Sandy: I do everything for the garden

Paul: we grow vegetables; we mulch the vegetables; we grow tomatoes, cabbage

Sandy: lettuce, onions

Paul: cucumbers, spring onions

Sandy: we plant seeds to grow; I brought in broad beans (fagioli) to grow

Paul: I water the garden; zucchini! There's an insect net over the garden to stop the cabbage moth. I use the barrow to move compost to the garden.

Sandy: we mix it up and put it on top. It's made from banana skins, egg shells, scraps

Paul: and pineapple! It's good for the garden.

Daley

What I like about coming to Wavlink is I like communicating with other people, and I also like being part of the centre.

And I also appreciate people who are willing to do things that matter to me.

I have been practicing getting here on time.

My embroidery is going pretty good and so is my sewing. I am starting on a blanket. I learn how to use different tools and needles. I also grow things in the garden and do the Advocacy Group.





Ceramics Creativity



Lisa shows her finished term 2 project



Scott and his fabulous fox bowl



An intricate bowl by Andrea



This is a pottery bowl with leaves that I made as a gift for my Dad. - Jenny



Kate's colourful octopus



Mobile and rabbit using transfer technique by Anita

PROGRAM HIGHLIGHTS



Online Social

The Online Social group took it offline for the last week of term, meeting up at the very friendly 28 Seconds Cafe in Elsternwick for a good chat in person.

Online Social meets every Monday morning on Zoom. Contact Wavlink if you would like to connect with a welcoming small group for music, singing, gentle exercise, online games and more.



Fresh out of the kiln





Fun Friday

Bowling, games, cafes, billiards and more, the Fun Friday gang have been ending the week on a high. Here Lisa, Bill, Daley, Jules and Kate show their style at BB8 Billiards here in Glen Waverley.



Saturday Crafty Creation

As the weather cools down, it is a great time to get crafting and catch up with friends. The Saturday Crafty Creations group has made some lovely pieces this term, including the painted houses and canvas artworks here.



Cyber security

Our free training and community info sessions have been a success in Term 1 and 2. We will continue to offer further sessions in the future. To get involved and receive information about upcoming events you can register your interest by Contacting us on 039561 7104 or info@wavlink.org.au.





In the Garden

We have been busy this term preparing the garden for cool weather and doing some maintenance on the tools and equipment we use to garden our plot. The garden slows as winter arrives but we still have lots of food growing and lots of work to do.

We have two garden-based groups, with Garden Social on Tuesdays and Nature Lovers on Friday.



Daley, Philip, Jules and Sandy putting together the new garden cart.



I made a sign that says Welcome Wominjeka for Wavlink. I am going to put it on the wall in the back garden at Wavlink. - Philip



Chatty Cafe – FREE

Fridays - 1.30pm - 2.30pm

Chatty Café is a global movement that aims to reduce loneliness and social isolation, connecting people over a cuppa to help improve health and mental wellbeing.

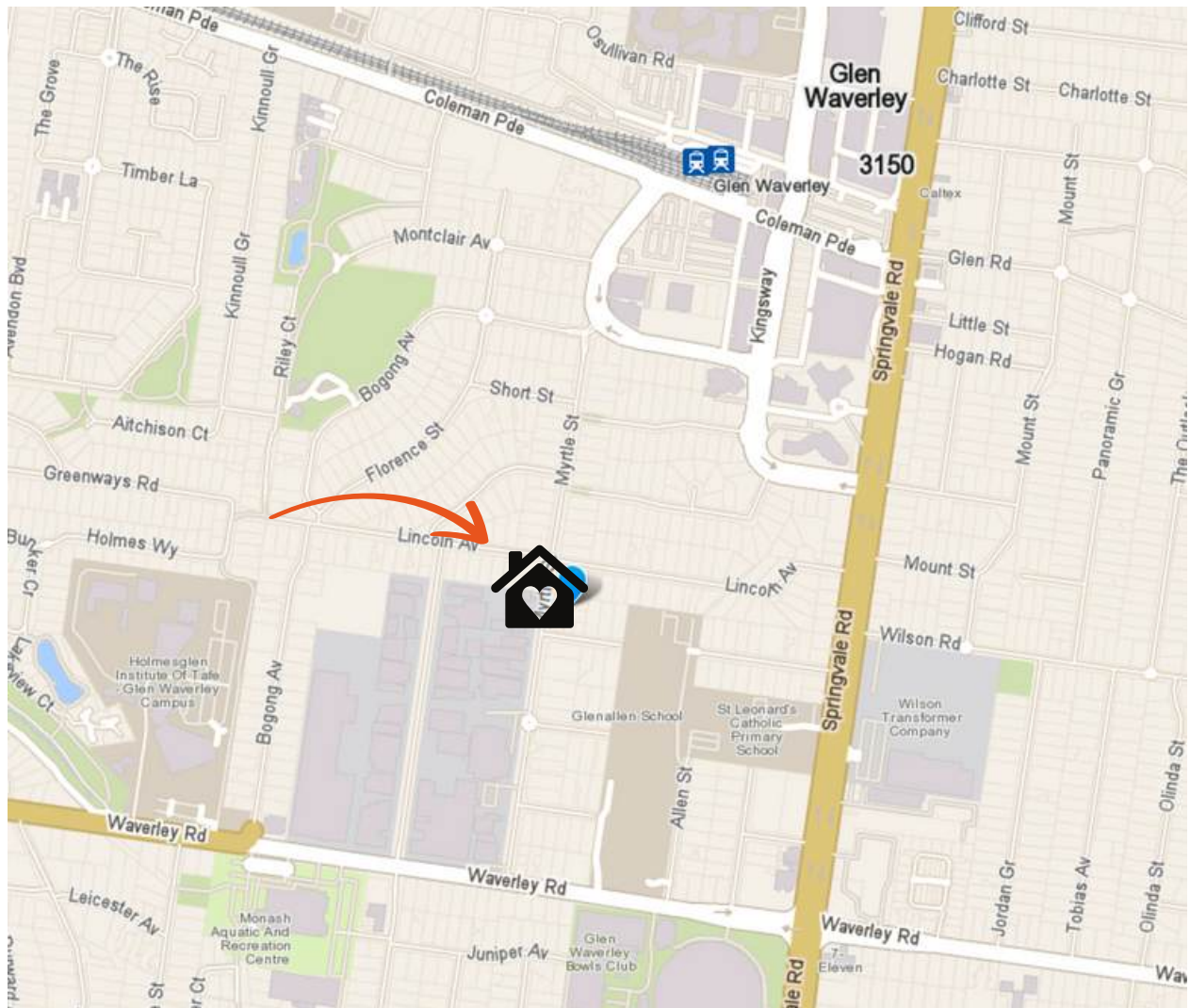
People can feel isolated for many reasons; living alone, parenting at home, restrictive disabilities, getting older, or being linguistically diverse to name a few.

Chatty Café invites you to come along to connect, converse, and share ideas.

Tea, coffee and biscuits are on us!



Find us



Get Involved

To learn more about Wavlink , view our activity guide and get involved in our community, check out our website.

You can also visit us in person, call or email us.

