

Eaglehawk Community House Conversations

February 2025



Welcome to Another Year...

We are so excited to be reaching out to you all in our first newsletter for 2025! From all of us at the Eaglehawk Community House we hope you all managed some sort of a break over the festive season and we are ready for an incredible year ahead!

This week, the ECH welcomes back our weekly activities including our Community Lunch, Yoga, Art Class and Meditation. We are always on the lookout for suggested programs and activities as well as volunteers so please get in touch!

We are excited to announce our new partnership with Bendigo Community Health Services on an initiative aimed at promoting healthier eating habits. As part of this project, they will be supplying fresh, high-quality fruit for our visitors, encouraging them to snack healthily and make better dietary choices. This initiative not only supports wellness but also fosters community engagement.

Commencing on the 12th February we have Term 1 of Hospitality and Cafe Essentials Course which provides practical, hands on experience, equipping participants with essential skills to confidently step into the hospitality industry.

Behind the scenes, our team is working alongside partners on the upcoming Festival of Friendship (15th March) amongst other amazing community events.

We look forward to connecting with you all throughout the year!

Tracey and the ECH Team.

Calendar of Events:

Mondays (Weekly)

7pm - Meditation (bookings essential)

Tuesdays (Weekly)

12noon - Community Lunch

Wednesdays (Weekly)

10:30am - Art Class

1pm - 2pm - Meditation (Bookings Essential)

7pm - Thai Chi (Start date TBC)

Fridays (Weekly)

12pm - 1:30pm - Fresh fruit & veg

Saturdays (Weekly)

9am - Yoga with Jazz

Other Important Dates:

Festival of Friendships

March 15th, Canterbury Gardens

Dahlia and Arts Festival

March 15th - 17th, Eaglehawk

5 Ways of Wellbeing Workshop

25th March - Details TBC

Bendigo Easter Festival

April 18th - 21st

If you would like any additional information, make a booking or obtain further details please contact the friendly team at the Eaglehawk Community House, Monday-Friday 9am - 3pm on 03 5446 8322.

House News

Community Christmas Party

The Eaglehawk Community House Christmas Party held in December was a resounding success, bringing together families and individuals in a joyful celebration of community spirit. A highlight of the event was a special visit from Santa Claus, who delighted the children as each one received a gift that made their faces light up with pure joy and excitement. It warmed our hearts to witness such happiness, especially knowing that this occasion offered a welcome respite for many families facing the pressures of rising living costs during the holiday season. The toys distributed were made possible by the generous donations of local community members and the heartwarming contributions from Toyworld's Christmas Toy Drive, reminding us all of the power of kindness and giving during this festive time.



Eaglehawk Community House is Connecting Community Through Food with weekly Community Lunch's, social activities, guest speakers and wellbeing workshops focusing on the promotion of 5 ways to wellbeing with Bendigo Community Health Services.

Focused on improving mental health and wellbeing, this campaign consists of five simple and effective actions individuals can practice every day.

The five key action areas are:

- **Connect:** Develop relationships with those around you.
- **Be active:** Find an activity you enjoy and make it a part of your life.
- **Keep learning:** Trying new things will improve your confidence.
- **Take notice:** Find time in your day to notice your surrounding and yourself.
- **Give:** Even the smallest act of kindness helps!

The connections participants make through friendships, places, and social activities build a safety net, lower levels of anxiety and depression and raise self-esteem.

5 WAYS TO WELLBEING



WHAT ARE THE 5 WAYS TO WELLBEING?

The 5 Ways to Wellbeing are 5 simple steps you can focus on to improve your wellbeing.

It's important to look after your body and your mind.

Doing the 5 doesn't have to cost anything, and you can do it from your own home!



Be Active



STAYING ACTIVE IS IMPORTANT

Start simple, find physical activities that you enjoy. Exercise can positively impact your mood.

Along with the physical benefits, it can reduce symptoms of depression and anxiety and help add more years to your lifespan!

Try:

Swimming, dancing or even parking further away from the shops to get a few extra steps in!



Connect



CONNECT WITH THOSE AROUND YOU

Socialising with people and developing strong relationships contributes to good health and wellbeing.

Social connection matters at every age. Spending time with positive people can improve your own wellbeing.

Try:

Calling a friend, writing a letter to a loved one, spending time with animals. Remember, a smile can go a long way!



Give

HELPING OTHERS CAN HELP YOU

Helping others can boost happiness and improve life satisfaction.

Giving can release endorphins in the brain and have a positive impact on yourself AND the person you are giving to!

Try:

Anything from giving a smile, compliment or volunteering in the community.



Keep Learning

SET YOURSELF A NEW CHALLENGE

Learn something new or rediscover an old interest. Learning can be fun and can help boost self-confidence.

The brain is capable of rewiring itself well in to middle age. It's never too late to start improving our knowledge and coping skills!

Try:

Cooking a new recipe, visiting your local library or listening to a podcast!



Take Notice

TAKE TIME TO STOP AND BE AWARE

Take notice of your thoughts and feelings. Use your 5 senses to become mindful of what's around you.

Being aware of the here and now can help reduce stress and enhance wellbeing well in to the future.

Try:

Yoga, mindful eating, taking a walk in nature.



ARE YOU READY TO TRY THE 5?

Weekly Activities @ Bright Street

Meditation (Bookings essential)	Monday	7pm
Community Lunch	Tuesday	12noon
Art Class	Wednesday	10:30am
Meditation (Bookings essential)	Wednesday	1pm
Thai-Chi	Wednesday	7pm (Start date TBC)
Fresh Fruit & Veg	Friday	12noon
Yoga with Jazz	Saturday	9am



Call us to book for any
of the above on 5446 8322

Whats On...

Art

**Every Wednesday
From 10.30am
Cost: \$5 Each Week**

Eaglehawk Community House
19 Bright Street
Eaglehawk
Bookings Required
Phone: 03 5446 8322



Eaglehawk Community House Inc

COMMUNITY LUNCH

TASTY FOOD & GREAT COMPANY

CONNECT WITH MEMBERS OF YOUR COMMUNITY OVER LUNCH AND CONVERSATION

TUESDAYS @ 12NOON
19 BRIGHT STREET EAGLEHAWK
CALL TO BOOK
5446 8322

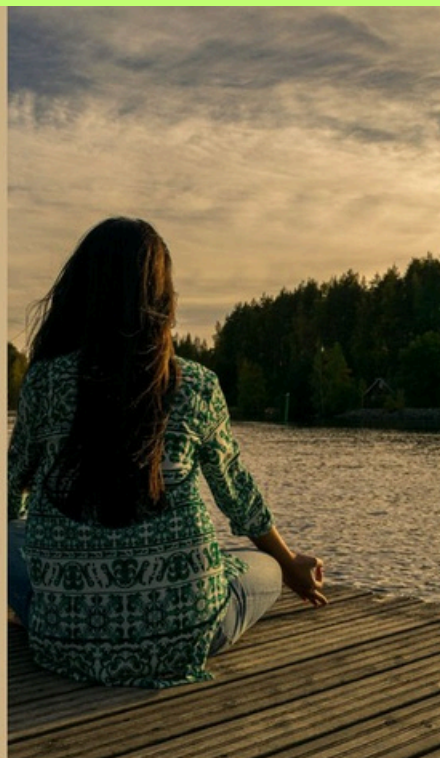
Meditation & Self Knowledge with Will

Learn in a practical way
how to meditate and
be more self aware

MONDAYS
7PM-8PM

WEDNESDAYS
1PM-2PM

Eaglehawk Community House
19 Bright Street, Eaglehawk
Bookings Essential
5446 8322



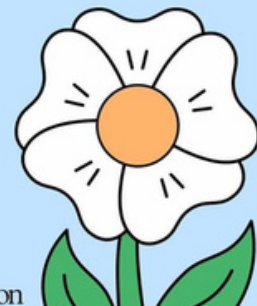
YOGA WITH JAZZ

SATURDAYS 9AM - STARTING OCTOBER 5TH

19 BRIGHT STREET, EAGLEHAWK
(EAGLEHAWK COMMUNITY HOUSE)

\$10 CONCESSION
\$15 GENERAL

BYO MAT, NO BOOKINGS REQUIRED
ALL LEVELS WELCOME
SEE YOU THERE :)



Connection

Community

Take The First Step

Bendigo Community Health Services has launched Take the First Step fruit stands across various sites, including headspace, to promote easier access to healthy food choices. This year, the Eaglehawk Community House is joining the Take the First Step campaign to provide free fresh fruit to community members.

Take the First Step is a mass media campaign that promotes healthy eating and active living via television, radio, cinema, print media, online platforms, billboards and bus signage.

According to the 2019 Active Living Census, only 48% of Greater Bendigo residents meet the recommended daily intake of two servings of fruit (Healthy Heart of Victoria, 2019).

The main barriers to meeting fruit and vegetable consumption guidelines in Greater Bendigo include:

- Lack of time (32.2%)
- Personal preference or habits (27.0%)
- Cost (14.7%)
- Dietary or health restrictions (13.9%)
- Lack of awareness or agreement with healthy eating guidelines (11.8%) (Healthy Heart of Victoria, 2019).

Fresh fruit will be available at Eaglehawk Community House from Monday the 3rd of February.

We invite everyone to grab a piece of fruit whenever they come across our fruit stands, helping them achieve the recommended two servings of fruit each day.



Whats On...



HOSPITALITY AND CAFE ESSENTIAL

The course offers an introductory taster program, ideal for individuals returning to work or exploring a new career pathway. This program is designed to build foundational skills in a commercial kitchen, with a focus on:

- **Practical Food Skills:** Gaining hands-on experience in food preparation.
- **Cooking Assistance:** Supporting kitchen operations effectively.
- **Waitressing:** Learning the fundamentals of customer service and table management.
- **Customer Service:** Enhancing communication and service excellence.
- **Safe Food Handling:** Practicing critical skills such as measuring, temperature control, and stock management according to food safety guidelines.

This program provides practical, hands-on experience, equipping participants with essential skills to confidently step into the hospitality industry.

What: Register now for Term 1 in 2025
Where: Eaglehawk Community House
Time: Every Wednesday 10:00 to 13:00
Start: 12th of February 2025
End: 12th of March 2025
Fee: \$8.00 per week

2025 Term Start Dates:

- **Term 1:** February 12th
- **Term 2:** May 7th
- **Term 3:** August 6th
- **Term 4:** October 22nd



Contact to register:

Kangaroo Flat Community House
Telephone: 03 5447 9687
Email: courseskfch@gmail.com

Eaglehawk Community House
Telephone: 03 5446 8322
Email: admin@eaglehawkcommunityhouse.com



Whats On...

The Festival of Friendships

March 15th 2025
Canterbury Park, Eaglehawk

10AM – 12NOON
FREE COMMUNITY EVENT

CULTURE
FOOD
TASTINGS
DJ
SONG & DANCE
ACTIVITIES

11.30AM – 3.30PM
(PRICES APPLY FOR BELOW ACTIVITIES)

FOOD TRUCKS
ART & CRAFT MARKET
LIVE ENTERTAINMENT
GREAT COFFEE
INFLATABLES
RIDES
LITTLE FERRIS WHEEL

HELD IN CONJUNCTION WITH THE
DAHLIA & ARTS
FESTIVAL



Community Partnerships

Heat kills more Australians than any other natural disaster

- Extreme heat can affect anybody.
- Those more at-risk include people over the age of 65, babies and young children, pregnant women, people with acute or chronic health problems and people who are socially isolated.
- Heat can cause serious and potentially fatal health problems such as heat exhaustion and heatstroke, trigger sudden events like heart attack or stroke, or worsen existing medical conditions like kidney or lung disease.
- Take steps to protect yourself and others by keeping cool, staying hydrated, planning ahead and checking in with others.
- Recognising early symptoms of heat-related health problems and taking action is crucial.



Take these steps to stay cool during hot weather:

- Use air conditioning or a fan.
- Wear light and loose-fitting clothing.
- Keep skin wet, using a spray bottle or damp sponge.
- Take cool showers or foot baths in cool tap water.
- Wrap ice cubes in a damp towel and drape around your neck.
- Block heat from entering your home with blinds or curtains. Open windows and doors if you think it is hotter indoors than outdoors.
- Consider spending some time in a cool place such as an air-conditioned shopping centre or public library.
- Avoid vigorous physical activity.

Source: Better Health Channel



TO KEEP OUR COMMUNITY SAFE WHEN SWIMMING, FISHING AND BOATING



**Don't
Go Alone**



**Always Wear
A Lifejacket**



**Don't Drink
Alcohol**



**Always Watch
Your Children**



**Learn Swimming
& Water Safety**

Make safe decisions to save lives.

 [RoyalLifeSaving.com.au](https://www.RoyalLifeSaving.com.au)



ROYAL LIFE SAVING
AUSTRALIA

KNOWING THE FIRE DANGER RATINGS COULD SAVE YOUR LIFE

The Australian Fire Danger Rating System has changed, all States and Territories now have the same fire danger ratings.

Most Total Fire Bans will start at Extreme, meaning you cannot use machinery or start fires in these conditions on these days. States and Territories will still have their local Fire Danger Seasons and a list of rules to help you understand what you should and shouldn't do on these days.

We know that fires happen in the Australian landscape all the time but Fire Danger Ratings are designed to help you understand the risk of a fire spreading on particular days, and how to stay safe.

THE FIRE DANGER RATING LEVELS ARE:

 MODERATE	Plan and prepare. Most fires can be controlled.
 HIGH	Be ready to act. Fires can be dangerous.
 EXTREME	Take action now to protect your life and property. Fires will spread quickly and be extremely dangerous.
 CATASTROPHIC	For your survival, leave bushfire risk areas. If a fire starts and takes hold, lives are likely to be lost.
 NO RATING	On days where there is minimal risk, the white bar meaning 'No Rating' will be used.



Artwork by
Emma Bamblett
(Wemba Wemba,
Gunditjmarra, Ngaadjoni
and Taungurung)

 **AFDRS**

www.firedangerratings.com.au

MEDICARE URGENT CARE CLINIC NOW OPEN



Lisa Chesters MP
FEDERAL MEMBER FOR **BENDIGO**

Authorised by Lisa Chesters, ALP, 16 Myers St, Bendigo



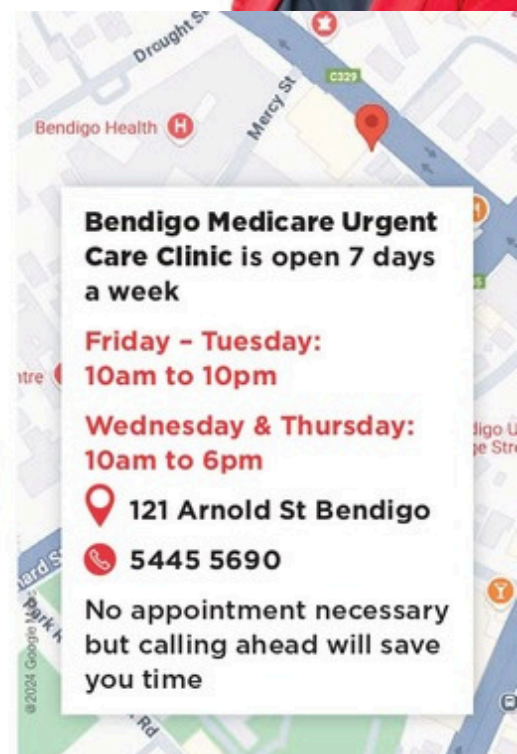
Bendigo's bulk-billed Medicare Urgent Care Clinic has opened.

The Medicare Urgent Care Clinic is available for patients who need immediate care for non-life threatening illnesses, infections or injuries.

Labor is helping more people to see a GP without paying any out-of-pocket costs.

All you need is your Medicare card.

I am working for you to deliver better access to healthcare when you need it.



RIAC's Tips for Carers/Parents of Neurodiverse Children

Mealtimes can be challenging if your child refuses to eat or is a picky eater!

If there are no medical reasons for the food refusal, these tips may help make mealtimes a little less stressful.

Try the following tips to help your child...

- Have meals and snacks at consistent times during the day.
- Use a timer to show your child how long the meal will be and how long they have to sit at the table.
- Before asking your child to eat a new food, let them explore the new food by touching, smelling, and talking about it. Then have the new food on the table at mealtime. When they are ready, offer a small portion or a single bite.
- Neurodivergent children often choose their food solely based on texture or colour. Try adding new foods that are similar to their preferred foods (e.g. - if they eat celery, add a food that is crunchy. If they prefer a smooth texture, try blending new foods).
- Remember encouraging children to eat a variety of foods takes patience and persistence. Try to remain calm and offer regular praise.

Come along to our Carer Support groups to learn more tips and enjoy a cuppa and a chat with other parents who have faced similar struggles.

Bendigo Walking Group

When: 9.30am – 11am

2nd and 4th Thursday each month

Where: Lake Weeroona
(at seats next to Coffee Man)

Bendigo Carer Self-Care Hub

When: 10am – 12noon

1st Thursday each month

Where: Strathdale Community Centre
155 Crook Street, Strathdale (Free parking)



For more information –

EMAIL: carers@riac.org.au

PHONE: Carolyn – 0488 605 363

Try these at home!

Cheat's Chicken Souvlaki Wraps

Ingredients:

- 4 Coles Gyros Wraps
- 500g pkt Coles Made Easy Chicken Strips in Souvlaki Seasoning
- 350g pkt Coles Kaleslaw Salad Kit
- 2 Hass avocados, stoned, peeled, thinly sliced
- 100g Coles Australian Style Fetta, crumbled

Method:

1- Place a large non-stick frying pan over high heat. Cook the wraps, 1 at a time, for 1 min each side or until golden and heated through. Transfer to a plate. Cover with foil to keep warm.

2 - Cook the chicken in the pan, in 2 batches, for 4 mins or until the chicken is cooked through. Transfer chicken to a heatproof bowl.

3- Prepare the salad in a large bowl following packet directions. Divide the wraps among serving plates. Top the wraps with the salad, chicken, avocado and fetta. Season.



Lemon Cheesecake Poke Cake

Ingredients:

- 470g packet moist vanilla cake with icing
- 2 eggs
- 200g cream cheese, softened
- 1/3 cup lemon curd
- 1/3 cup icing sugar mixture

Method:

1- Preheat oven to 180C/160C fan-forced. Grease a 6cm-deep, 20cm round (base) cake pan. Line base and side with baking paper.

2 - Using an electric mixer, beat cake mix, eggs, 125g cream cheese and 1/4 cup water for 2 minutes or until smooth. Pour mixture into prepared pan. Level top with a spatula. Bake for 35 to 40 minutes or until a skewer inserted into centre of cake comes out clean. Stand cake in pan for 5 minutes. Turn, top-side up, onto a wire rack.

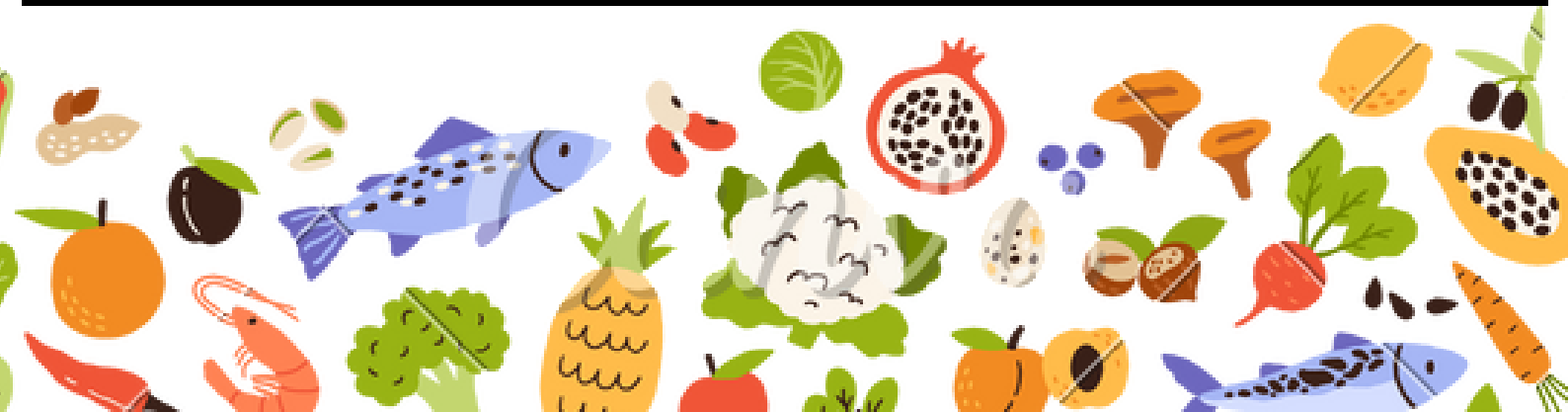
3- While cake is warm, push the end of a wooden spoon into the top of cake to make deep holes, about 2cm apart, being careful not to push the whole way through the cake. Cool completely.

4- Using an electric mixer, beat remaining cream cheese until light and fluffy. Add lemon curd. Beat until well combined. Spoon mixture into a snap-lock bag.



Snip off 1 corner. Pipe cream cheese mixture into holes in cake. Stand for 2 minutes. Pipe more mixture into holes, if necessary. Thinly spread cake top with any remaining cream cheese mixture. Refrigerate for 10 minutes.

5- Whisk icing sachet with icing sugar and 1 tablespoon hot water until smooth and just spreadable, adding a little extra hot water if needed. Spread icing over top of cake. Refrigerate for 20 minutes. Serve.



Food Relief Information for Greater Bendigo

If you require food assistance please contact any of the following agencies.

Location	Organisation	Address	Times	Additional Info	Contact
Axedale	Axedale Foodshare	Axedale Public Hall, 94 High Street, Axedale	Every second Thursday, 2pm-3.30pm	There are no restrictions on who can attend.	0408 557 898
CBD	Bendigo Baptist Community Care	MADCOW, 214 Hargreaves Street, Bendigo	Monday-Friday 10am-3pm	Homeless only	5441 4747
CBD	Bendigo Family and Financial Services	37-39 Rowan Street, Bendigo	Monday-Friday 9am-3pm	<ul style="list-style-type: none"> Free financial counselling Power Savings Bonus and bill support No Interest Loan Scheme 	5441 5277
CBD	Loddon Campaspe Multicultural Services	65-71 Mundy Street, Bendigo	Tuesday 10am-12pm (for food collection)	Appointment only, morning tea provided	5441 6644 0482 176 298
CBD	Salvation Army	65-71 Mundy Street, Bendigo	Monday-Friday 10am-12pm Thursday 12pm-1pm	Pantry; Appointment only, limited personal products Free Community Lunch	5440 8410
CBD	St Vincent de Paul Assistance Centre	16 Hopetoun Street, Bendigo	Monday-Tuesday and Thursday-Friday, 10am-1pm	Appointment only	5443 5688
Eaglehawk	<u>Community House</u>	19 Bright Street, Eaglehawk	Monday-Friday 9am-2pm, Tuesday 12pm (community meal)	Take away meals and food, personal products, limited pet food	5446 8322
Eaglehawk	Food & Care (Uniting church)	Corner Peg Leg Road and Kirkwood Street, Eaglehawk	Tuesday 11am-1pm	Fruit, vegetables, canned, frozen foods, and other groceries	0439 405 622
Eaglehawk	Saltworks (Anglican Church)	63 High Street, Eaglehawk	Wednesday 11am-12.30pm (except school holidays)	Lunch in hall	5446 8251
Eaglehawk	Vinnies	82 High Street, Eaglehawk	Tuesday-Thursday 10am-1pm, Friday 1pm-4pm	Food vouchers, limited bill assistance	5446 2548
Elmore	Elmore Foodshare	3 Clarke Street, Elmore	Wednesday 9am-10.30am	Available to people in need	0421 318 264
Golden Square	A Reasonable Christianity Church	2/109 Breen Street, Golden Square	Sunday 12pm-1pm, Thursday 5pm-6pm		0478 492 016
Golden Square	Kingdom Generation Ministries Ltd		Wednesday 9am-5pm	Appointment only	0402 915 960



Location	Organisation	Address	Times	Additional Info	Contact
Heathcote	Heathcote Foodshare	78 High Street, Heathcote	Monday-Saturday 9am-2pm		0411 158 071
Heathcote	Vinnies	169 High Street, Heathcote	Wednesday and Friday		5443 2549
Kangaroo Flat	Kangaroo Flat Community House	21 Woolcock Avenue, Kangaroo Flat	Thursday 11am-12.30pm	Fresh Fruit and Vegetables	5447 9687
			Thursday from 12pm	Community BBQ Lunch	
Kangaroo Flat	Rotary Club	Gateway Park 22A High Street, Kangaroo Flat	Tuesday 5pm	Community meal	0407 496 091
Kangaroo Flat	Vinnies	Smith Street, Kangaroo Flat (behind the Vinnies shop)	Monday and Thursday, 10am-12pm	No appointment necessary	0459 754 423
Kangaroo Flat	Uniting	Y Community Hall Kangaroo Flat, 10 Lockwood Road, Kangaroo Flat	Tuesday 9am-3pm, Thursday 9am-12pm, Friday 9am-3pm		5443 5458 0438 403 326
Long Gully	Long Gully Neighbourhood Centre	52-54 Derwent Drive, Long Gully	Monday-Thursday 9am-3pm	Mini food pantry, non-perishable food items, occasionally garden produce and bread, toiletries	5442 1165
Long Gully	People's Pantry (St Matthews)	Corner Creeth Street and Eaglehawk Road, Long Gully	Tuesday 9.45am-11am (only during school terms)	Members only (new members welcome)	0409 136 567





The Eaglehawk Community House is a House for our Community.

Laughter is Compulsory

Make new friends

Help your Community

Stay busy

Fun Activities

Learn new & share Skills

Improve your health and wellbeing

Community Pride

Social Connections

Open 9am – 3pm weekdays

Volunteer opportunities available



Community Café OPEN

Community Lunch every Tuesday

Art Classes

Claim your Power Saving Bonus

Tai Chi

Barista Training

Craft Activities

Gardening groups

General Duties & Maintenance

Help us with our Eaglehawk Magazine Food/Hamper programs

Come and meet Popcorn and Oscar (our furry friends).. And so much more..

There is something for you.



Eaglehawk
Community House Inc

Learning Information Friendship Empowerment

19 Bright Street, Eaglehawk 3556

☎ (03) 5446 8322

Monday – Friday 9.00am – 3.00pm

✉ admin@eaglehawkcommunityhouse.com

🌐 www.eaglehawkcommunityhouse.com

📘 www.facebook.com/eaglehawkcommunityhouseinc