

Maidstone Community Centre What's News?

ISSUE #23 – Wednesday 22 September, 2021



Message from the Centre Facilitators

So the COVID saga continues. For at least another month we do the best we can and try not to **blow a foofa valve**. This is an old expression of care toward a person (this could be your self) who is about to undertake a difficult task. Although you are probably feeling fed up with being online, zooming here and everywhere, hopefully our reliance on this 'virtual community' won't be needed for too much longer. Until then though, please look at our online offerings and at the lovely community projects we have coming up (see page 2 for more information).

Centre Facilitators, Anna & Monique

Struggling financially

Are you quarantining, isolating, working reduced hours, surviving on a reduced income, struggling to put food on your table? There may be help you're not getting.

There are a range of Government payments available that a lot of people don't seem to know about. Or if they have heard of these they may think they are not eligible or that the process of applying will be too complex. For up to date information about payments on offer go to: www.coronavirus.vic.gov.au/financial-and-other-support-coronavirus-covid-19. If you'd like support to find out if you are eligible please reach out! Even if you have never asked for help in your life before! If we can't help you we will do our best to find someone who can.

Sustainable Parenting

Having a baby brings with it a whole heap of happiness, sleep deprivation and waste. Kids have tiny feet but huge footprints.

Visit <https://vimeo.com/606073319> for the first of four little videos created by Zoe Waldren, a local eco warrior, who discusses some easy to action ways to maintain an eco-friendly lifestyle, while navigating the big wide world of parenthood. We'd love to hear back from you to see what you think. Enjoy!



*If you live alone or with others and feel like
you are going around and round in circles
then at least enjoy the dance!*

LOCKDOWN DISCO FUNK FEVER with DJ RazzBerry Beret

2pm every Thursday until 30 September.
It's free and open to anyone of any age!
(See page 2 for details)

HELPING OTHERS CARE FOR YOU

Something that we find surprising at the moment is that relatively few people are calling us to ask for support or just for a chat. While we know a lot of you are doing it tough we also know it's hard to reach out when you're struggling, especially if this experience is quite new to you. We also know how easy it is to fall into the trap of telling yourself that you have it easy compared to others or that you *should* be able to deal with things better. No matter what your age or situation, if you really must think these thoughts, let them come, but then let them go and then ring us or someone else. They may well need your call as much as you need to make it.

A couple of weeks ago we sent a very short survey to all our Centre Users to offer a check-in phone call. That offer is still very much open. Either visit www.maribyrnong.vic.gov.au/CheckInCall to complete the survey or call 9688 0543 and we will put you on our *calling list*.

Check us out on Facebook!



Maidstone Community Centre

21 Yardley Street
Maidstone 3012
Ph 9688 0543
E maidcomm@maribyrnong.vic.gov.au

Current Hours

We are closed to the public until further notice.
Our Staff are working off site Monday - Friday 9am - 5pm
Keep an eye on our website / Facebook page for updates.

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PEOPLE OF MAIDSTONE

My name is Kim. I am 64 years old. I live in the suburb of Maidstone. I have 4 Children: 1 son and 3 daughters. One by one, they got married and moved out. I felt sad and lonely, so I came to Maidstone Community Centre to join the Vietnamese Arthritis group.

I knew that the Maidstone Community Centre also had English classes for adults. I was overjoyed to enrol, and this year is the 8th year I have been in this class. Organised by the YCC, my English class had about 10 students from different countries such as Italy, Ethiopia, Vietnam and China. I practised English with them, and we were happy to learn together. We didn't just learn English. Our teacher Despina also taught us about social life, about how to order meals at a restaurant and how to take public transport. Now I can make appointments through the phone for myself.

During the time of COVID-19, from March 19th, I began to learn a new skill, which was using Zoom on the phone so that I can continue attending my English classes with my friends. I am happy to see them and Despina.

Last year, I was invited to the hot soup party for lunch at the MCC. It was a happy time together with my friends and the people from Maidstone thanks to all the staff of MCC. Lastly, I would still like to continue going to adult English classes to keep my brain working, to prevent dementia. Thank you to the Government for everything.



Pictured above - Kim, our current people of Maidstone resident profile (photo taken by Monique Camilleri).

COMING UP!

Writing your life story with a humorous twist

Everyone has stories. Join award winning screenwriter and novelist Christine Grace and embark on a free fun filled six week exploration of the memoir genre (writing about a slice of your life this year, last year or 50 years ago!). Using play and memory, participants will learn useful writing techniques to kick start their projects. All within a relaxed and supportive environment. Term 4 event, more details soon!

'Pen-Pal' project - IMPORTANT UPDATE

In our last newsletter we introduced this project to be held during Senior's month (October). The aim is to collect handwritten letters from five older adults aged 60+ from Maidstone and surrounds, and deliver them to five younger folk aged 21 or less. We mentioned that no addresses will be shared, just your first name, a bit about you, how you are getting through COVID and a few questions you would like to ask your pen-pal. To be 'child friendly' we will very respectfully vet letters from adults to ensure they are appropriate before sending to the children. If you would like to take part in what promises to be a very sweet project please call us to register.

FREE ONLINE PROGRAMS

STORIES MUSIC & MAKE BELIEVE (with Razz)

Every Monday 9.15 - 9.45am

MUSIC FOR HIP TODDLERS (with Razz)

Every Thursday & Friday 9.15 - 9.45am

DISCO FUNK FEVER (with Razz)

Every Thursday 2 - 2.45pm (until 30 September)

Visit <https://bit.ly/39opBgg> to join any of Razz's classes above

KIDS CAN COOK

Every Wednesday 2-3.30pm (suitable for 6-12 years, adult supervision required for children 10 and under)

Visit <https://bit.ly/3CvImff> to join

STRETCH & RELAX (with Fleur)

Every Tuesday, 8.30 - 8.50am

EVENING YOGA (with Fleur)

Every Monday 6 - 7pm

YOGA FOR WOMEN (with Fleur)

Thursday, 9.30 - 10.30am

Visit <https://bit.ly/3nNIO3n> to join any of Fleur's classes

If you receive this newsletter in the post

Type in Maribyrnong City Council into your Internet Search Engine
Click on Community then Click on Community Centres & Neighbourhood Houses
Click on Programs & Activities then Online programs during COVID-19

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