

# Bendoc Wheel

## Mental Health First Aid

This training is delivered by and accredited instructor and will provide you with an accreditation in mental health first aid. Training will be held at Bendoc but NSW residents are most welcome to attend.



The 12-hour Standard Mental Health First Aid course teaches any adult (18 years and over) how to provide initial support to someone who is experiencing a mental health problem or crisis.

Learn about the signs and symptoms of common mental health problems in adults, how to provide initial help, where and how to get professional help, what sort of help has been shown by research to be effective, and how to provide first aid in a crisis situation.

<b>STANDARD MHFA</b>	<input type="checkbox"/> Tuesday 11 <sup>th</sup> & Wednesday 12 <sup>th</sup> October	<b>Time: 0930 – 1700</b>
<b>Venue:</b> Bendoc Memorial Hall Dowling Street, Bendoc		
<b>Trybooking Link -</b> <a href="https://www.trybooking.com/CAMOT">https://www.trybooking.com/CAMOT</a>		
<b>Alternatively, please call (03) 5128 0083 for registrations.</b>		

For alternate booking, contact the Resource Centre  
 Email—bendocpa@bigpond.com  
 Phone—0412675253

- *Training provided free of charge for East Gippsland and Wellington Shires to aid in Bushfire Recovery. Joint venture between Latrobe Regional Hospital and the Victorian Government.*
  - *You are required to attend the full 12 or 14 hours in order to obtain a certificate of completion.*
- Note: The information provided in MHFA courses is for general mental health first aid only and is not intended to be and should not be relied upon as a substitute for specific professional medical advice.

# Send your old clothes to Upparel or Australian Clothing R



## Did You Know?

With circular fashion becoming mainstream quickly, organisations such as Upparel have saved over 2.5 million tonnes of textiles from landfill so far while making practical clothing in Melbourne.

For more information contact Council or visit our A – Z - Where to next? on our website.

Rethink & Recycle with the

# WASTE RESCUER



Tambo Waste

## **Expressions of interest for potential Bendoc workshops**

### **Please call if you are interested in any of these potential events at Bendoc**

#### **Solar information session**

1. We intend to hold a solar information session at Bendoc with specialists in off-grid, grid, supplementary, hot water, solar pumps, rebates, and grants. If this is something you are interested in or something you would like to contribute to, please contact us at Bendoc Resource Centre so we can get an idea about numbers.

#### **2. Working dog school**

Are you a farmer with working dogs? Would you like to learn some tips from experienced trainers? Are you someone who competes in working dog trials and want to improve your skills and knowledge? If so, a working dog school might be of interest to you. We intend to organise a school for this Spring once the weather warms up a bit. An event like this needs a few hands on deck so if you would like to be involved, please contact us at the Bendoc Resource Centre (many hands make light work).

#### **3. Farm First Aid**

Red Cross offer Farm First Aid training in Victoria. If you would like to participate in this training at Bendoc please let us know. We can only run this type of training if we have the numbers.

Email - [bendocpa@bigpond.com](mailto:bendocpa@bigpond.com)  
Phone - 04 1267 5253

## **Bulk Glass repairs**

The Neighbourhood House recently obtained a quote to fix some damaged windows at the Centre. While the glazier was here we discovered that they are willing to travel to our area and savings can be made on travel for multiple bookings in the one trip. We have provided the contact detail for Value Glass. Please contact them if you have any glass repairs you need help with and when they get enough bookings they will fit them into one trip to the area.



**Dallas Stewart**

Contract Administration

0488 021 627

[Dallas@valueglass.com.au](mailto:Dallas@valueglass.com.au)

[Valueglass.com.au](http://Valueglass.com.au)

## Kid's section - By Ella

### Jokes

Q. What sounds like a parrot?

A. A carrot?

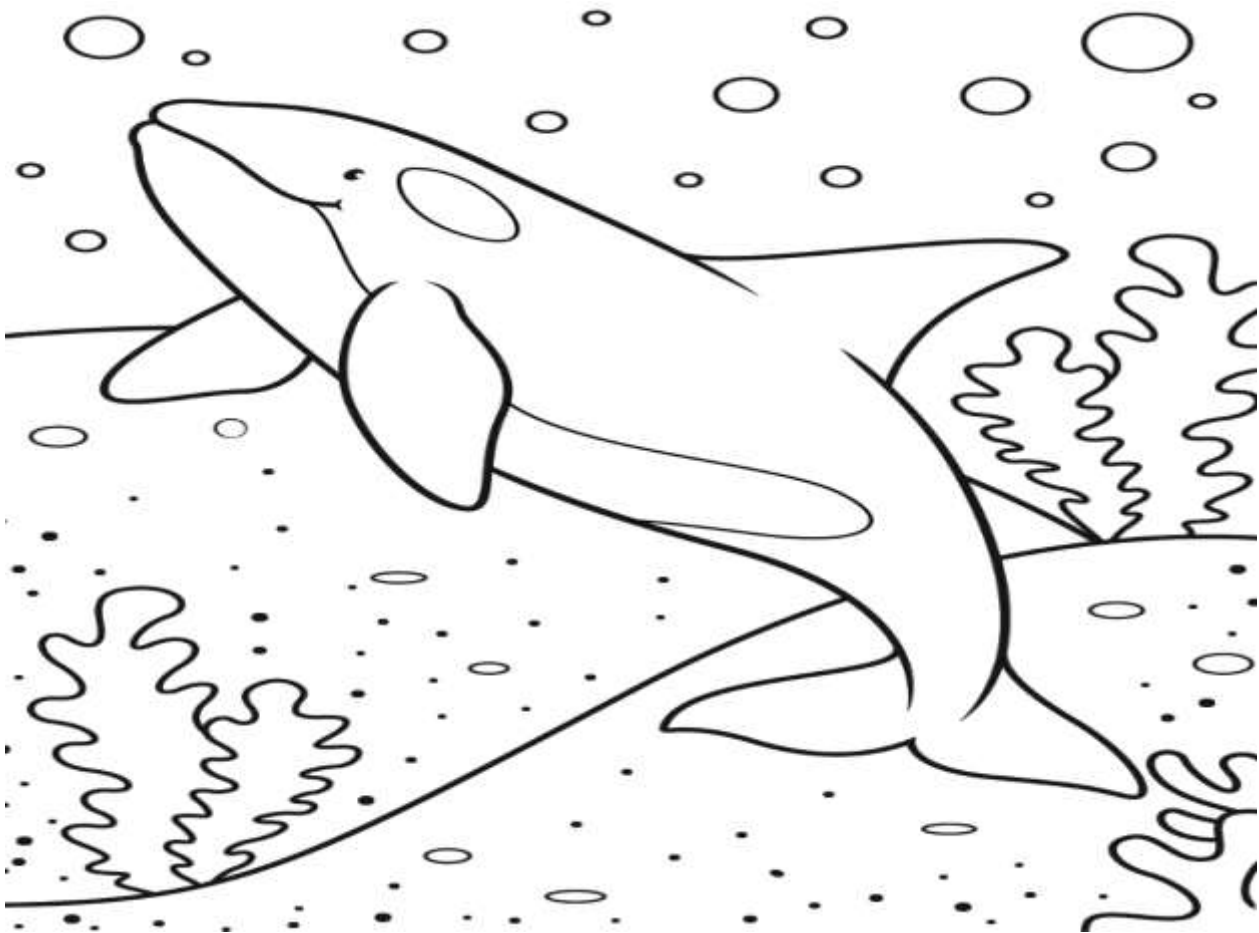
Q. How do you catch a polar bear?

A. You make a hole in the ice and sprinkle peas around it.  
When the polar bear comes to take a pea you kick him in the ice hole!

Q. Why did the bike fall over?

A. Because he was two tired!

### Colouring in





## PROJECT UPDATE 5

### *Building Healthy & Resilient Communities through Service Equity*

#### About the project

Over the last three months we have let you know about funding received for Stage 1 of this project. If you need more information you can refer to past updates or contact Eleni to get an update.

#### What's happening in July?

**Stage 1:** Stage 1 project management services have been extended until March/April 2023 to ensure momentum is maintained through Stage 2 activities, and Stage 3 negotiations. The first draft of the report from FedUni/CERG has been received following everyone's survey and interview participation. The results are very strong and we are excited to start taking them into our advocacy with the Department of Health and others. We will be able to provide a link to the report and outcomes in the next update at the end of July.



**Stage 2 (Minor Building Upgrades and Maintenance):** We are continuing to work through a series of grant applications to fund stage 2 which includes furniture and minor works to the rooms at Tubbut & Goongerah. We are working with Bendoc Neighbourhood House to understand the timeline on their hopeful drop-toilet upgrade so the pilot project can consider expanding to include Bendoc.

**Stage 3 (Operational Pilot):** We are working with Orbost Regional Health (ORH) to formalise a partnership to be the delivery partner for Stage 3

(Pictured: Vicki Farthing ORH CEO with Project Reference Group Members Birgit Schaedler, Shayne Hyman and Shelly McLaren). This meeting was very positive and we look forward to working with ORH. We have also finally made contact with the Department of Health and are working through next steps to discuss funding of a nurse or similar to provide service across the Service Hubs.



#### How can I find out more?

**Have you heard of a HoloLens or Mixed Reality? Come down to lunch at the Bonang Hall on July 28 at 12.30-2pm to learn what this new technology could mean for health and service provision in remote areas.**

Let us know you are coming for catering purposes by emailing Eleni at: [hello@warmcornersconsulting.com](mailto:hello@warmcornersconsulting.com)

Project (Stage 1) funded by:



EAST GIPPSLAND  
Community  
Foundation



**FRRR**  
Foundation for Rural  
Regional Renewal



Landcare  
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## 2022 GALLAGHER LANDCARE ELECTRIC FENCING GRANTS NOW OPEN

Following the success of the 2021 grants, and our continuing support of projects aligned with priority areas of conservation, grazing management and feral animal exclusion, Gallagher and Landcare Australia are proud to offer the 2022 Gallagher Landcare Electric Fencing Grants.

Gallagher offers a full range of animal management products and integrated solutions, including a range of permanent and portable electric fencing.

A total pool of \$132,000 (ex-GST) of support is available for **up to 16 groups or individuals** to receive a 2022 Gallagher Landcare Electric Fencing Grant. **At least four grants will be provided specifically for farm dam restoration projects.**

Eligible applicants are invited to apply for an individual electric fencing project **grant valued at up to \$8,000** (ex-GST) for fencing materials and cash to support projects – with costs to be determined in consultation with your local Gallagher Territory Manager.

Grant submissions **close on 4 July 2022.**



Don't forget we have a selection of books available here at the Neighbourhood House on loan from the East Gippsland Shire Library. The mobile library comes up fortnightly and can deliver books for us to hire out from here. If there is anything in particular that you are dying to read, you can reserve it online through the library website and it will come up with the mobile bus next time they come to Bendoc. This is a fabulous service and gives us access to a huge variety of books and media such as DVDs, eBooks, eMagazines, and eAudiobooks . If you would like to search for or reserve a title but are unsure how to go about it, call in to the House and we will be happy to help you with the process. Below is a selection of the latest arrivals here at the House.



Next BPA meeting **Next Meeting: 02/08/22 @ 10am**



**Bendoc craft group**

**Where:** Bendoc Neighbourhood House  
**When:** 1<sup>st</sup> & 3<sup>rd</sup> Thursday of the month,  
**Time:** 12:00 – 3:30  
 BYO lunch and craft project

**Bendoc Neighbourhood House opening hours**

2022		July				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27	28	29	30	01	02	03
04	05 Open 9-2:30	06 Open 9-2:30	07 Bendoc craft Mobile library	08	09	10
11 Open 9-2:30	12 Open 9-2:30	13 Open 9-2:30	14	15	16	17
18	19 Open 9-2:30	20 Open 9-2:30	21 Bendoc craft Mobile library	22	23	24
25 Open 9-2:30	26 Open 9-2:30	27 Open 9-2:30	28	29	30	31
01	02	Notes:				