

Bendoc Wheel

from

The Bendoc mini-market was very successful and we are considering making this an annual event. Below are some snaps from the day.



Announcements!



Michelle Connell from the RFDS will be delivering travelling community lantern making workshops at the following locations.

Tubbut - 12pm-2pm Wednesday June 7, 21 June & 5 July

Bonang - 3pm-5pm Wednesday June 7, 21 June & 5 July

Bendoc - 1pm-3pm Thursday 8, 22 June & 6 July

Goongerah - 11pm-1pm, Friday 9, 23 June & 7 July

DELEGATE HOSPITAL AUXILIARY & Delegate MPS
Community Consultation Committee

CASSEROLE LUNCHEON



Including information session on My Aged Care Website

DELEGATE COUNTRY CLUB

Wednesday 14th June 2023

11.30 for 12.00 start

\$20.00 per head

(2 courses)

Door Prize and Raffle on the day

Please ring to book:

Claire on 0458428475 or Gail 6458 7128

To assist catering, bookings are preferred

Bendoc Hall—Christmas in July community event

Save the date! 8th July 2023, doors open at 5pm

The community have spoken and we have listened. You wanted more community get togethers and we thought why not?!

Christmas in July community get together.

This will include a meal and children's fun party games. We will provide spit roast meat and jacket potatoes and we ask that community bring along a salad or dessert. Watch this space for more information.

Department of Energy, Environment and Climate Action (DEECA) awards

Recently DEECA awarded a number of local employees with years of service awards.

Shaun Cottrell , Robert Boys and Nick Aniello received 10 years of service awards.

Brad Stevens has also been awarded a National Service Medal for his 20yrs emergency service which will be presented in the future.



For sale at Bendoc

1 x Angus cow (Roskin blood) with 4 month old calf at foot (Hazledean blood). \$2000 plus GST.

Call Sara 04 12167091



Defibrillator for Bendoc Hall

We would like to thank the East Gippsland Shire Council and the Service Equity Project for supplying a defibrillator for Bendoc's use. The machine will be installed at the Bendoc Hall and made accessible in case of a local emergency.



IT'S TIME TO MINGLE WITH CARERS VICTORIA

Join us at Mingle 2023, share your voice and delight in the soulful performance of popular singer and songwriter, Michelle Parsons, while enjoying a delicious High Tea. You'll have the opportunity to learn about carer services in your local area, reconnect with other carers and focus on your wellbeing.

TAKE A BREAK, RECONNECT AND RE-ENERGISE YOURSELF AT MINGLE 2023!

Mingles are **FREE** events for unpaid family and friend carers.

FIND A MINGLE NEAR YOU!

CRANBOURNE

MONDAY 15 MAY 2023

2.00pm - 4.30pm

Trios Sports Club

30 Grant St, Cranbourne

RSVP by Wednesday 3 May

GEELONG

TUESDAY 30 MAY 2023

2.00pm - 4.30pm

Novotel Geelong

14 Eastern Beach Rd, Geelong

RSVP by Tuesday 16 May

BENDIGO

WEDNESDAY 14 JUNE 2023

10.00am - 12.30pm

Bendigo All Seasons

171-183 Mclvor Hwy, Bendigo

RSVP by Wednesday 31 May

EPHING

WEDNESDAY 17 May 2023

10.00am - 12.30pm

Mantra Epping

250 Cooper St, Epping

RSVP by Wednesday 3 May

WERRIBEE

THURSDAY 1 JUNE 2023

10.00am - 12.30pm

Werribee Functions

& Events Centre

2-10 Bulban Rd, Werribee

RSVP by Thursday 18 May

CROYDON

TUESDAY 20 JUNE 2023

2.00pm - 4.30pm

Dorset Gardens Hotel

335 Dorset Rd, Croydon

RSVP by Tuesday 6 June

SHEPPARTON

WEDNESDAY 24 MAY 2023

10.00am - 12.30pm

Shepparton Golf Club

15 Golf Drv, Shepparton

RSVP by Wednesday 10 May

BAIRNSDALE

WEDNESDAY 7 JUNE 2023

10.00am - 12.30pm

Bairnsdale RSL

2 Forge Creek Rd, Bairnsdale

RSVP by Wednesday 24 May

RSVP Places are strictly limited.

To secure your place register online www.carersvictoria.org.au/mingle2023 or phone

1800 514 845 (option 2).

One Mingle event per carer. Please advise if you have any special dietary requirements at the time of booking. We know caring can be tough, so if you know another carer who needs some time out, invite them to RSVP too.



 **SEC**

Putting power back in your hands

Get \$250 in your pocket by visiting the Victorian Energy Compare website.

From 24 March, energy bill payers can claim \$250 even if they've claimed the Power Saving Bonus before.

Only one payment is available per household, per round.

We're bringing back the SEC to help drive down power bills.

 Visit compare.energy.vic.gov.au

 Call 1800 000 832


For assistance in languages other than English, contact Translating and Interpreting Services (TIS) on 131 450.



You can only claim the \$250 bonus by visiting the Victorian Energy Compare website. If you receive any unsolicited calls about the bonus, they will not be from the Victorian Government.

Authorised by the Victorian Government, 1 Treasury Place, Melbourne.



2019-20 Bushfires: The lived experience of internally displaced people

Study led by Monash University Disaster Resilience Initiative (MUDRI)

Study funded by the National Resilience and Recovery Agency (NRRA), a unit within the new National Emergency Management Agency (NEMA)

Brief study description: The 2019-20 bushfires caused long-term displacement for over 8,000 local people. Yet, no systematic report records displaced people, other than those immediately following the fires, e.g. the Australian Red Cross Contact Person's Registry. On the other hand, readily available reports record the number of lives lost, areas burnt, animals killed and homes destroyed, which begs the question 'what about the people who survived, and especially those displaced from their home, Country or usual place of residence? Our initial contact with state and local agencies shows that the national disaster recovery system fails to address displacement adequately. This study might interest you if you experienced displacement during or due to the 2019-20 bushfires.

Aim: We would like to connect with people, over 18 years of age who experienced displacement during the 2019-20 bushfires and those who may remain displaced. We are also keen to connect with local residents, community leaders and recovery practitioners who supported or continue to support displaced people. This study aims to listen and give voice to the unheard voices, so that we can learn about what changes the Government could make to inform and improve the national disaster recovery system for displaced people.

What is displacement: International definitions and guidelines describe displacement and displaced people. To capture the Australian experience, we take a liberal view of these, and acknowledge the difficulty of true inclusivity. Put simply, displacement refers to all people who had to move away or evacuate from their home, Country or usual place of residence.

Displaced people could be: First Nations People who have been forced to flee or leave Country; people whose usual residential home was destroyed or rendered uninhabitable; people or groups of people who are tenants and rent houses or rooms; those without a permanent place of residence, such as living with friends, in caravans, tents or vehicle dwellers; and those considered homeless or transient. Also, people who voluntarily moved/evacuated from the bushfire area regardless of the damage caused to their houses.

Now, our task is to listen deeply to displaced people about their lived experience following the 2019 - 20 bushfires. If you would like to know more about this study, and share your story, or if you know anyone who has:

- a. experienced displacement during or due to the 2019-20 bushfires; or
- b. worked with or supported someone who experienced displacement during or due to the 2019-20 bushfires, either formally or informally,

please contact our study team on one of the phone numbers or, preferably, emails given below.

Suzanne: Suzanne.Cross@monash.edu or 03 9902 0452

Revathi: Revathi.Nuggehallikrishna@monash.edu or 03 9905 4142

Caroline: Caroline.Spencer@monash.edu or 03 9905 4397



Use the QR code to listen about this project.

We thank you for taking the time to read our invitation and we look forward to hearing from you soon!

March 2023

YOUTH ART PRIZE

**AGES
12-25
YEARS**

**ENTRIES OPEN:
JULY 10, 2023**

**ENTRIES CLOSE:
SEPTEMBER 29, 2023 @ 5PM**

CALLING CREATIVE ARTISTS IN EAST GIPPSLAND

Artworks can include drawings, paintings, photographs, digital illustrations or 3D visuals and short 2-3 minute films. Photographs of larger physical works will be accepted

2022 Youth Art Prize Winners



Dreams - Imrahn Canary



Escape of the Arty Loft - Christy Lanyon



Innocence - Danielle Moss

CASH PRIZES TO BE WON!

*Artwork will be judged in Age Groups & Art Categories

Need more information?

Andrea Court Arts and Culture Coordinator or
Chloe Peters Email: ChloeP@egipps.vic.gov.au

Phone: 03 5153 9500



SOUTHERN NSW LOCAL HEALTH DISTRICT Media Release



18 May 2023

“Virtual Hub” launched at Delegate MultiPurpose Service

Delegate community members will benefit from increased access to specialist and allied services with the launch of a new Virtual Hub at Delegate MultiPurpose Service (MPS) today.

Southern NSW Local Health District (SNSWLHD) has invested \$40,000 in virtual care technology and staff training at Delegate MPS, giving local residents supported access to online appointments close to home.

Brian Bonham, Inlands Network General Manager said the new Virtual Hub gives patients more options for accessing care.

“We see virtual care as an enhancement to our care provision, rather than as a replacement for face-to-face services,” Mr Bonham said.

“By investing in state-of-the-art technology and providing on-site support for people accessing virtual appointments, we are maintaining the highest standards of care and a positive patient experience.”

Cathy Shorten, Speech Pathologist for Cooma, Bombala and Delegate said that several Delegate clients are already enjoying the convenience of online speech pathology consultations.

“We increased speech pathology telehealth appointments during the COVID-19 pandemic and found many clients preferred meeting online to avoid travel and to fit in with work and family commitments,” Ms Shorten said.

“The new virtual hub further improves the online experience by providing stable internet, high quality cameras and on-site staff who can help with equipment and take vital signs in-person.”

The Delegate Virtual Hub will:

- Enable access to virtual services to clients who may not have the technology in their homes, or would like assistance using virtual care technology
- Improve and expand access to allied health professionals and specialists
- Reduce patient and clinician travel time and related expenses
- Bring new virtual services to Delegate including falls prevention programs, dietetics and speech pathology
- Enable efficient allocation of allied health resources across the region to better meet the needs of the Delegate community
- Improve the coordination of care between patients and their team of health professionals

ENDS

SOUTHERN NSW LOCAL HEALTH DISTRICT MEDIA

SNSWLHD-Media@health.nsw.gov.au | Mobile: 0467 819 506 Web: www.health.nsw.gov.au

[healthdirect AUSTRALIA](http://healthdirect.australia) – providing expert health advice 24 hours a day to NSW residents – Tel. 1800 022 222

Please note we will once again have altered temporary change of hours for the Neighbourhood House for the month of July.

2023

June

<u>MONDAY</u>	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
29	30	31	01 Library Bendoc 10.30 - 11.30	02	03 Green shed open 8-11am	04	
05	06 Neighbourhood House Open 9-2:30 pm	07 Open 9-2:30 pm	08 Green shed open 9 - 12 Library Bendoc 10.30 - 11.30 Tavern 1pm - 2pm	09	10	11	
12 Closed public holiday	13 Neighbourhood House Open 9-2:30 pm Green shed open 10am-12pm	14 Open 9-2:30 pm Delegate Luncheon 11:30	15 Library Bendoc 10.30 - 11.30	16	17	18	
19	20 Neighbourhood House Open 9-2:30 pm Green shed open 10am-12pm	21 Open 9-2:30 pm	22 Green shed open 9 - 12 Library Bendoc 10.30 - 11.30 Tavern 1pm - 2pm Lantern Workshop 1pm-3pm	23	24	25	
26 Open 9-2:30 pm	27 Neighbourhood House Open 9-2:30 pm	28 Open 9-2:30 pm	29 Library Bendoc 10.30 - 11.30	30	01	02	
03	04	<u>Notes:</u>					