

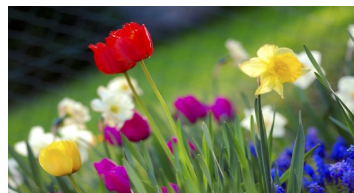
BERWICK COMMUNITY NEWSLETTER—SPRING EDITION

MOSAIC WORKSHOP

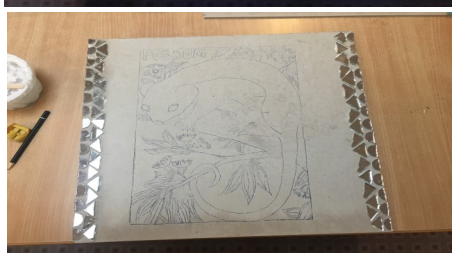
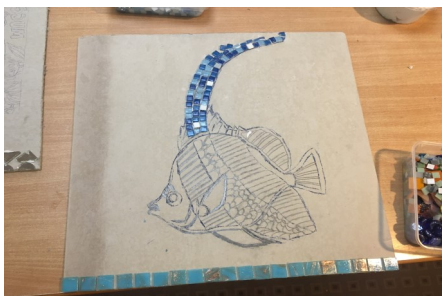
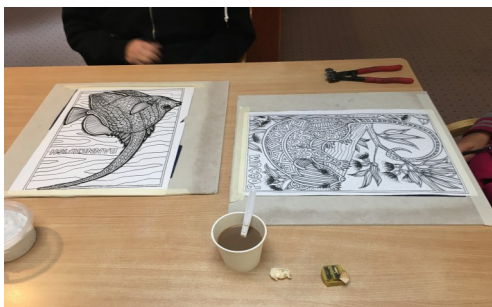


ISSUE FIVE

OCTOBER 2019



On the 8th October the mosaic workshop kicked off with participants starting to design and create their own unique piece of art work. Debbie from the 'Purple Dog Mosaic and Lead lighting Company' was on hand to supply advice and instruction on the use of the indirect mosaic technique. This included choosing a design and transferring the design onto a prepared board, choosing colour and shapes within a wide range of glass tiles, cutting glass and directional laying and shading and gluing the tiles onto the board. The results from the first week were amazing!! Participants had transferred the design onto their boards, started borders and had begun to lay tiles! By the end of the course everyone will grout and seal their finished art piece –can't wait to see the finished results!



Important Dates to Remember

Mosaic workshop:
Tuesday afternoon
1pm—3.30 pm
8th October 2019 —
19th November 2019

Christmas lunch:
Early December 2019
Date to be advised.



Housing Services
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Email: reception@womenshousing.com.au
Telephone: (03) 9412 6868
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ABN 93 080 116 883
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St John Ambulance First Aid Course

Erin from St John Ambulance came to the property on Friday 18th October at 11 am to run a basic first aid course. This was an opportunity to learn new skills or revise old ones. The numbers of renters attending was really disappointing! The course provided really important life skills around what to do in an emergency in the home and in the community. Thank you to those renters who did participate! There was a lot of fun and information provided. Thanks Bev for volunteering to be bandaged.

Erin covered CPR (cardiopulmonary resuscitation) technique including the response **DRSABCD** and now **E** (evaluate). Cuts, burns, shock, snake bites and bandaging. She also provided WHL with resources for the house and WHL will now look into securing additional supplies which will be placed in the house for renters to use in emergencies.



resuscitation

In an emergency call **triple zero (000)** for an ambulance



D

DANGER

Ensure the area is safe for yourself, others and the patient

R

RESPONSE

Check for response—ask name—squeeze shoulders

No response

Response:

- make comfortable
- monitor response



S

SEND for help

Call triple zero (000) for an ambulance or ask another person to make the call

A

AIRWAY

Open mouth—if foreign material present:

- place in recovery position
- clear airway with fingers



B

BREATHING

Check for breathing—look, listen, feel

Not normal breathing:

Start CPR

Normal breathing:

- place in recovery position
- monitor breathing



C

CPR

Start CPR—30 chest compressions : 2 breaths

Continue CPR until help arrives or patient recovers



D

DEFIBRILLATION

Apply defibrillator if available and follow voice prompts



© St John Ambulance Australia

Learn First Aid | 1300 360 455 | www.stjohn.org.au

House Updates:

Rubbish Bins:

The rubbish bins in the kitchens are still being left to overflow! It is the responsibility of all renters to remove their rubbish into the large outside bins and to remove the rubbish in the kitchens if the bins begin to overflow. **It is not the responsibility of the cleaner who comes twice a week!** Rubbish bags have been left in kitchen drawers.

External doors being left open:

Renters have informed WHL that the external doors to the property are being left open during the day and into the evening. This has resulted in visitors entering and wandering around the property. **Closing the doors ensures everyone's safety!** All renters are responsible for meeting their visitors at the front door and walking them into and out of the property. Please do not give you entry code out to visitors or instruct them to walk on in, even if a door is open!

Parking in Car park:

The house is at full capacity and many renters have cars and want to be able to park in the car park. As there is no allocated parking it is important that visitors (including support workers) to the property park on the street.

WHL Survey—activities, workshops, services:

WHL will continue to work with the City of Casey Council next year to bring resources, speakers, workshops and activities to the property. WHL will be sending all renters a survey asking what services and activities you would like to participate in next year. Things to consider may be another cooking workshop, gardening, games day, movies. Or, having services such as an opticians, podiatrist or audiologist come to the house. Please really consider what you would like, fill out the survey and return to Jacqui, leave in the office or suggestion box at the property.

Cooking Spot—The Best Steak Sandwich!

Ingredients:

- 1 tablespoon oil
- Beef minute steaks
- 1 red onion
- 1 tomato, sliced
- Slices of thick toast
- Barbeque sauce
- Handful of mixed salad leaves



Method:

Step 1: Heat 1 tablespoon oil in a large frying pan on high. Cook minute steaks for 1-2 mins each side until cooked to taste. Transfer to a plate.

Step 2: Sauté 1 sliced red onion and sliced tomato in same pan for 4—5 minutes until tender, turning tomato slices once.

Step 3: Toast slices of bread. Spread barbecue sauce over one side. Top with a handful of mixed leaves, a steak, sliced tomato and onion. Top with remaining toast slice. Enjoy!!

Communal Cupboard

The communal store cupboard in the main kitchen has been cleaned and items stored in plastic containers. This cupboard has been set up by renters for renters living at the property who may at times find it difficult to make ends meet and may need basic provisions such as flour and rice. The containers and their contents are not to disappear into rooms. **The items provided are for those in real need! Please respect this concept and restock if you use items or have extra to add to the store.** Jacqui will monitor the store each week and ensure items are within use-by-date.



Free Reclink Programs—South East

There are free programs in the City of Casey that all renters can participate in. A copy of the weekly schedule will be placed on all noticeboards for renters to view: Programs include:

NEW - Fishing 10:00am-1:00pm Seaford Pier: 29th Oct Frankston Pier: 19th Nov Crib Point Pier: 17th Dec (Please contact David to register interest / more info) david.marsh@reclink.org 0422 734 09 South East Sport Coordinator - Greater Dandenong and Peninsula

JC Mills Oval Dandenong Social Soccer 10:30-11:30am (Term 4)

NEW - Cranbourne East Volleyball and Multi Sport, Cranbourne East College Sports Complex 3.30pm-4.30pm (TERM 4) PLEASE CONTACT STAFF BEFORE ARRIVING

Have a chat to Jacqui if you are interested in finding out more or call the co-ordinators on the schedule to discuss.

Get Active and have fun!

