

"You CAN at Bucaan"!...

CHIGWELL CHINWAG

In this edition: **Crewative Arts, Volunteering, Timetable... and more!**

ANDREW WILKIE CONTINUES HIS SUPPORT OF BUCAAN COMMUNITY HOUSE

Federal Member for Clark, Andrew Wilkie MP, has continued to support our community. In 2019, thanks to Andrew the House received a Stronger Communities Grant of \$17,900 to go towards a new vehicle for the Chigwell Support Program.



Andrew continues to support our community with regular donations that assist with the weekly BBQ at the Community Garden and other events at the House.

Did you know you can help out the House? Donations over \$2 are tax deductible. We welcome new volunteers. Find out more about volunteering on Page 3.

Our new webpage is now live.

Visit us at chigwellcommunity.org.au

CREWATIVE ARTS

Did you catch our Creative Crew from Crewative Arts on the news over the Christmas break? We are delighted that the Tasmanian Community Fund supported Crewative Arts Project will continue this year. Tuesdays 3.30pm to 5.30 pm for 10 to 16 year olds.

REGISTRATIONS ARE NOW OPEN.

Contact the House for more information. The next program commences in early February.



The artwork on top of this page was produced by our Crewative Arts Crew.

Thank you to Senator Carol Brown for printing the Chigwell Chinwag



COME EXERCISE WITH US AT BUCAAN

The benefits of physical activity are many.

It can:

- Maintain and/or improve blood pressure, cholesterol and blood sugar levels.
- Reduce the risk of, and assist with rehabilitation from, some cancers.
- Prevent unhealthy weight gain and assist with weight loss.
- Build strong muscles and bones.
- Create opportunities for socialising and meeting new people.
- Help to prevent and manage mental health problems.
- Help to develop and maintain overall physical and mental well-being.
- Plus much more!

(Information from the Department of Health)



At Bucaan Community House we have a range of physical activity programs to suit all levels of fitness and experience.

Join our walking group or take part in our Go Exercise Program. Maybe Pilates is more your thing. Or perhaps you would like to try some line dancing?

Walking Group details are below and our full timetable of activities is on the back page.

WALKING GROUP FEB – MAR 2020



Tuesday		
3 Feb	1.00pm	Meet at Claremont RSL
10 Feb		PUBLIC HOLIDAY
17 Feb	11.30am	Bus (\$3) leaves Claremont Plaza, or meet at Tynwald Park New Norfolk at midday. BYO lunch.
24 Feb	1.00pm	Meet at DEC car park, Montrose.
2 Mar	1.00pm	Meet at RSL, Claremont
9 Mar		Public Holiday
16 Mar	11.30am	Bus (\$3) leaves Claremont Plaza, or meet at Lewis Park, Seven Mile Beach at midday. BYO lunch.
23 Mar	11.45am	Meet at Claremont RSL for lunch. Guest Speaker followed by a walk. Please bring a small plate of food to share and items to swap on the Trade Table (e.g. veggies, books, craft etc.)
30 Mar	1.00pm	Meet at Tolosa Park Glenorchy. First hut on the left.

For more information and enquiries, please contact Lynette (0407 493 280) or Greg (0439 335 973).

The walking group also has Entertainment Books available for purchase, contact Lynette or Greg.

COMMUNITY GARDEN

Have you heard about the Chigwell Community Garden?

A fabulous team of volunteers meet every Tuesday between 9.30am and 2.00pm, to dig in the dirt and talk all things gardening.

They share their gardening knowledge. If you are a novice gardener, you will learn about gardening for every season.

These fantastic locals weed, plant and share the produce throughout the community. Each week there is a BBQ lunch for volunteers, made possible with the generous support of Andrew Wilkie MP.

If you have a green thumb, or would like to develop one, drop into the Community Garden in Karambi Street one Tuesday, or give Linda a call on 6249 5363 to find out more.



VOLUNTEERING AT BUCAAN COMMUNITY HOUSE

Do you have some spare time?

Have you thought about becoming a volunteer at the House?

We rely on our volunteers. They are the backbone of the House and enable us to provide the many services and activities that are vital to our community.

What's in it for you?

- Increased happiness
- Learn new skills
- Pass on your skills and knowledge
- Better health and mental well being
- Become a part of our vibrant community

If you would like to volunteer with us, drop into the House or call 6249 5363 to find out more.

Julie Lipscombe (below) is a long-term volunteer with the Chigwell Support Program.



What's in it for us?

- We can continue to run programs for our community
- Increased shared knowledge
- We can provide increased assistance and programs

All our program and course leaders have undergone their annual induction training. This is a requirement for all our course leaders and is very important for providing you with a safe place to learn and undertake activities.

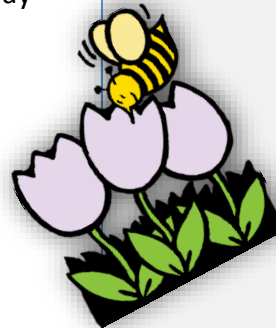
TERM ONE – COMMUNITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Legal Aid 9.30am to 11.30am by appointment</p> <p>Computer Club 10.00am to 12.00pm</p>	<p>Community Garden Karrambi St 10.00am to 2.00pm Free community BBQ at 12.00pm</p> <p>U-Can Drive Learn to drive By appointment</p>	<p>NIL\$ 1.30pm to 3.00pm By appointment</p> <p>Grandparents/Relatives 9.30am to 12.30pm Carer meeting every second Wednesday</p>	<p>Boots and All Line Dancing 10.00am to 11.00am Beginners 11.00am to 12.00pm Advanced</p> <p>NIL\$ 1.30pm to 3.00pm By appointment</p>	<p>Committee meetings* Dates to be advised</p> <p>Chigwell Support Lunch and Activities 12.00pm to 2.00pm Closed program Bookings only for eligible participants</p>
<p>Pilates 1.00pm to 2.00pm</p> <p>Go Walking 1.00pm to 3.00pm</p>	<p>Craft Group 9.30am to 12.00pm</p> <p>Photography 10.00am to 12.00pm</p> <p>Go Exercise 12.30pm to 2.00pm</p> <p>Understanding the NDIS 1.00pm to 4.00pm Every second Tue from 4 Feb</p>	<p>PICK UP YOUR MEAT AND VEGGIE BOX AFTER 12.00PM</p> <p>Linda's Lead Lighting 6.30pm to 8.30pm</p>	<p>Understanding the NDIS 1.00pm to 4.00pm Every second Thu from 13 Feb</p> <p>ORDER YOUR MEAT & VEGGIE BOX NO LATER THAN TODAY</p>	<p>Boots and All Line Dancing 1.30pm to 2.30pm</p>



Find us on Facebook

Search for Bucaan Community House.



Chigwell Chinwag is printed by

Senator Carol Brown

Thank you Carol, for your support.

Would you like to receive an electronic copy of our newsletter?
 Send an email to admin@chigwellcommunity.org.au and we'll add you to our mailing list