

Eaglehawk Community House Conversations

April/ May 2023

Happy Easter Everyone..!!

The year is flying by and there's lots happening at the Eaglehawk Community House.

We are again providing assistance to help you apply for the Power Saving Bonus. This round is again available to all Victorian households so please give Mel a call from Tues to Friday and she make an appointment for you to buzz in and apply.

Our Safe Seats Safe Kids program is back for 2023. These car seat safety checks are provided FREE to ensure your little loved ones are kept safe in your vehicle. All you need to do is book an appointment is go to <https://safeseatssafekids.com.au/> and click on the bookings tab.

We are very pleased to relaunch our popular ECH Meals Program again. This program is not for everyone. It is designed to ensure our most vulnerable citizens are receiving regular healthy meals, home delivered each week. If you know someone who may need a helping hand, please phone us on 5446 8322 and speak with Danni.

The ECH Team is excited to present High Tea each month and you can expect a lovely assortment of home cooked goodies. Funds raised will support our cooking programs including Learn to Cook, Multicultural cooking days and assist us in responding to future disaster and recovery efforts within our region.

Our Community Gardens are looking great with some home grown produce for our own kitchen to make yummy meals and for visitors to take home. Gardener Rachel will have some fun new activities for you to enjoy very soon. If you would like to join our gardening group, please just buzz in and ask for a volunteer registration form.

If you would like to volunteer some of your time to assist the ECH Team, join in our activities and to make new friends, please phone 54 46 8322 and speak with Rochelle – Tues, Weds or Thursday.

We wish all our ECH Friends a very happy and safe Easter and look forward to seeing you at one of our activities at the House very soon!

Warm Wishes,
Tracey.



Eaglehawk Community House



2022
WINNER

Not for profit –
Community Impact
Presented by Spotless

House News

Power Saving Bonus

Every Victorian household is eligible to access the \$250 Power Saving Bonus as the Andrews Labor Government drives down the cost of living across the state.

The \$250 Power Saving Bonus re-opened to all eligible Victorian households from 24 March, including those that received payments under previous rounds, when they visit the Labor Government's bill-busting Victorian Energy Compare website.

Since the current round of the \$250 Power Saving Bonus launched on 1 July 2022, more than 1.7 million households have received the nation-leading cost of living support.



We can help you apply - all you need is a recent power bill. Contact us today on 5446 8322

Zonta Women of Achievement Awards



Happy International Women's Day.

A Very Big WIN for Neighbourhood & Community Houses at the Zonta Bendigo 2023 Women of Achievement Awards this week...Proud Managers Tracey (ECH & Kangaroo Flat Community House) & Amanda (Rochester Community House) honoured for their dedication to Community in every category... Leadership, Community Work (volunteering) & Mentoring.

A massive thankyou to everyone involved with these Community Houses in anyway.. We have experienced enormous challenges, particularly over past years through COVID19, the October floods and now rebuilding safe, strong resilient Houses for connection, participation, activity & friendships within our Communities with so much work still to be done.

We appreciate your support and assistance and know together we will always achieve great things..



Volunteer Today!



The Eaglehawk Community House is always looking for new volunteers to assist sorting food, helping in the kitchen, volunteering at events, run exciting new programs, have fun in the garden and everything in between!

If you have some time to spare and are keen to learn new skills in a happy and supportive environment, give our office a call and see how we can help you, help us!

Community Meals Program

Do you know of someone who may be finding things a little tough at the moment? They may be elderly, not currently working or finding the big changes currently happening in the world is all a bit too much. ECH are now providing healthy home cooked meals delivered straight to your door every week. For less than \$15 per week you can choose 3 dinner-sized meals from our delicious menu and we do the rest.

Enquire today to find out more information.

****Conditions Apply****



Bendigo Family & Financial Services Eaglehawk Community House & Kangaroo Flat Community House

BFFS are available to assist you with advice on the No Interest Loan Scheme, complete applications and provide Financial Counseling.

Thursday 27th April (Kangaroo Flat Community House)

Thursday 11th May (Eaglehawk Community House)

Thursday 25th May (Kangaroo Flat Community House)

Book Today:

ECH - 5446 8322 KFCH - 5447 9687



No Interest Loans (NIL's) provide individuals and families on low incomes with access to safe, fair and affordable credit. Loans are available for up to \$1500 for essential goods and services such as fridges, washing machines, medical and schooling expenses.



Financial Counselling is a free and confidential service, helping you with things like:

- Bills or fines you're struggling to pay
- Being harassed by debt collectors
- Gas, electricity or phone disconnection
- Being evicted from your house
- Car accidents with no insurance
- Tax debts



2022
WINNER

Not for profit –
Community Impact
Presented by Sportscast



Weekly Activities @ Bright Street



Craft Class
Mondays
11am (Closed)
1:30pm

Community Lunch
Tuesdays
12noon

Art Class
Wednesdays
1pm-2pm

Meditation
Wednesdays
1pm-2pm

Tai-Chi
Wednesdays
7pm

Cooking Classes
Thursdays
10am - 2pm

Fresh Fruit & Veg
Fridays
12noon - 1:30pm

Call us to book for any
of the above on 5446 8322



Awards

2022

WINNER

Not for profit -
Community Impact

Presented by Sponsors



Eaglehawk Community House

Coming Soon...

Eaglehawk Community House High Tea

15th April
13th May (Mothers Day Weekend)
10th June
11.00am
Cost: \$40pp

Please phone 5446 8322 to confirm your booking

All proceeds support the ECH cooking programs including Learn to Cook classes & Disaster Response and Recovery in Greater Bendigo



Free Meditation & Self Knowledge with Will

Learn in a practical way how to meditate and be more self aware

19 Bright St, Eaglehawk
Bookings required Ph 5446 8322



Eaglehawk Community House

Gold Coin Donation

FRESH FRUIT AND VEGGIES

Available Fridays
12noon - 1.30pm

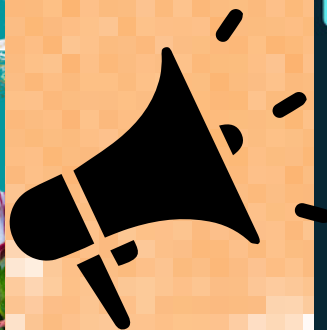
19 Bright Street
Eaglehawk

A vibrant display of fresh fruits and vegetables including broccoli, carrots, and apples.

TAI CHI

WEDNESDAY'S
FROM 7PM
COST: \$10 EACH WEEK

Eaglehawk Community House
19 Bright Street
Eaglehawk
Bookings Required
Phone: 03 5446 8322



Community Partnerships

BENDIGO EASTER FESTIVAL | APRIL 7-10

Community events



Bendigo Easter Fair Society - Family Day at the Lake

Monday, 10am – 3pm

Lake Weeroona, corner of Nolan and Napier Streets, Bendigo

A fun filled day of family entertainment including live music, kids' zone, carnival rides, activities, market stalls and food trucks.

Bendigo Book Fair

Friday, Saturday and Sunday, 9am – 5pm
Monday, 9am – 1pm

YMCA Tom Tweed Stadium, 47 Mundy Street, Bendigo

Bendigo Easter Art Show

Friday, Saturday and Sunday, 9am – 5.30pm
Monday, 9am – 2.30pm

Bendigo Town Hall, 189-193 Hargreaves Street, Bendigo

Bendigo Showgrounds Market

Sunday, 8.30am – 2pm

Prince of Wales Bendigo Showgrounds, 42-72 Holmes Road, Bendigo

Bendigo Steam Train Rides and Steam to the Bendigo Easter Festival

Various services from Melbourne, Bendigo and Echuca operating over the weekend, see the Easter website for details.

Bendigo Woodturners Easter Exhibition

Friday, Saturday and Sunday, 9am – 5pm

Bendigo Trades Hall (Unity Hall), 40 View Street, Bendigo

Easter in the Garden (A Reasonable Christianity)

Friday and Sunday, 10am – 12pm

Library Gardens, Hargreaves Street, Bendigo

Easter Photographic Exhibition

Friday and Saturday, 9.30am – 5pm
Sunday, 9.30am – 4.15pm

Dudley House, 60 View Street, Bendigo

Gallery Exhibition

Saturday, Sunday and Monday, 11am – 5pm

MacKenzie Quarters, 10 MacKenzie Street, Bendigo

Model Railway Sales – preloved

Saturday, 9.30am – 4pm

Kangaroo Flat Library, 23 Lockwood Road, Kangaroo Flat

Pinot and Picasso Bendigo – Easter sessions

Friday, 11am – 12.30pm (Chick'n Little)

Saturday, 11am – 1pm (Boho Bunny)

Pinot and Picasso, 274 Hargreaves Mall, Bendigo

Rotary Club of Kangaroo Flat Hole in One Golf Event

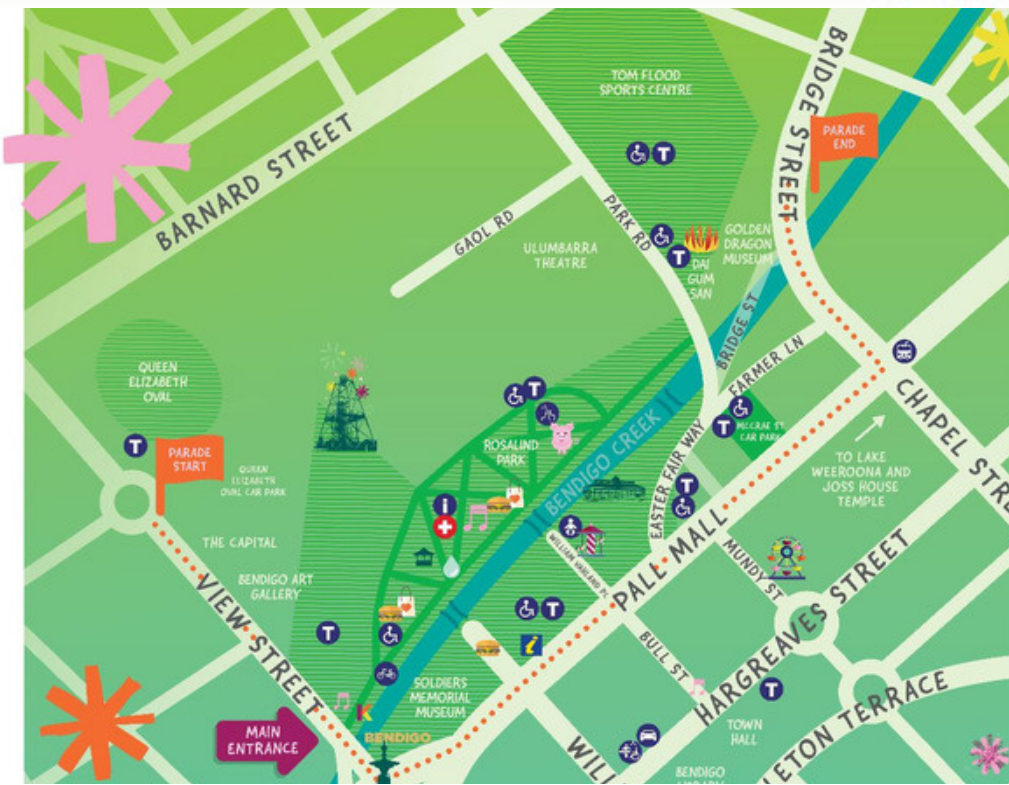
Friday to Sunday, 10am – 4pm

Gateway Park, 26 High Street, Kangaroo Flat

For ticketing, admission fees and further information, visit: www.bendigoeasterfestival.org.au



EASTER SITE MAP



BENDIGO EASTER FESTIVAL

APRIL 7-10

- TOILETS
- ACCESSIBLE TOILETS
- PARENT ROOM
- CHANGING PLACES
- BENDIGO VISITOR CENTRE
- EVENT INFORMATION AND LOST PERSONS
- FIRST AID
- FOOD
- HYDRATION STATION
- KALEIDOSCOPE EXHIBITION
- LIFELY CHILL OUT ZONE
- PARK 'N RIDE TRAM STOP
- PARKING
- BIKE PARKING
- RETAIL

BCHS Community Survey

What are your health and wellbeing needs?

Bendigo Community Health Services is upgrading its Eaglehawk site in Seymoure Street. You're invited to share your views about our services and suggest ways we can make it easier for you to take care of your health and wellbeing.

1. What are the challenges in accessing health and wellbeing services?

2. What services could we provide to make you happier and healthier?

3. What are three health and wellbeing services you would like to see in Eaglehawk?

4. If available, what health and wellbeing services would you use in Eaglehawk?

5. Where and how would you like to access health and wellbeing services (onsite, drop in, at Neighbourhood House etc.)?

Survey closes Friday the 14th of April.

Please return your survey to the BCBS suggestion and survey box at the Long Gully Neighbourhood Centre or the Eaglehawk Community House

Location	Organisation	Address	Times	Additional Info	Contact
Golden Square	A Reasonable Christianity Church	237 High Street, Golden Square	Sunday 3.30pm-4.40pm, Thursday 5pm-6pm		0478 492 016
Golden Square	Kingdom Generation Ministries Ltd		Wednesday 9am-5pm	Appointment only	0402 915 960
Heathcote	Heathcote Foodshare	78 High Street, Heathcote	Monday-Saturday 9am-2pm		0411 158 071
Heathcote	Vinnies	169 High Street, Heathcote	Wednesday and Friday		5443 2549
Kangaroo Flat	Kangaroo Flat Community House	21 Woolcock Avenue, Kangaroo Flat	Thursday 11am-12.30pm	Fresh Fruit and Vegetables	5447 9687
			Thursday from 12pm	Community BBQ Lunch	
Kangaroo Flat	Rotary Club	Gateway Park 22A High Street, Kangaroo Flat	Tuesday 5pm	Community meal	0407 496 091
Kangaroo Flat	Vinnies	Smith Street, Kangaroo Flat (behind the Vinnies shop)	Monday and Thursday, 10am-12pm	No appointment necessary	0459 754 423
Kangaroo Flat	Uniting	Y Community Hall Kangaroo Flat, 10 Lockwood Road, Kangaroo Flat	Tuesday 9am-3pm, Thursday 9am-12pm, Friday 9am-3pm		5443 5458
Long Gully	Long Gully Neighbourhood Centre	52-54 Derwent Drive, Long Gully	Monday-Thursday 9am-3pm	Mini food pantry, non-perishable food items, occasionally garden produce and bread, toiletries	5442 1165
Long Gully	People's Pantry (St Matthews)	Corner Creeth Street and Eaglehawk Road, Long Gully	Tuesday 9.45am-11am (only during school terms)	Members only (new members welcome)	0409 136 567



Safe Seats, Safe Kids



**Safe Seats
Safe Kids**

**IS YOUR CHILD
TRAVELLING SAFELY?**

**FREE CHILD CAR RESTRAINT
FITTINGS & SAFETY CHECKS**



SPOTS STILL AVAILABLE FOR AN UPCOMING SESSION!

**FREE CHILD CAR SEAT INSTALLATIONS AND SAFETY CHECKS ARE BACK
IN 2023!**

BOOKINGS ARE ESSENTIAL!

To check availability or to look at alternative venues: <https://safeseatssafekids.com.au/>
Bendigo Neighbourhood House , 155 Crook Street, STRATHDALE between 9am - 11am.
Eaglehawk Community House Inc, 19 Bright Street, Eaglehawk between 1pm and 3pm.

Concerning statistics, of a survey of more than 9,200 cars, found that nine out of ten Victorian kids are not safe while travelling in the car, due to their child car restraints being either incorrectly installed or used. Therefore, we invite parents and carers (inc. grandparents) to book in and let us check or install your car seat!

Please note, if you need to have more than 1 child car restraint fitted/ checked, you will need to book multiple appointments.

Eaglehawk Community House dates for 2023:

- 15 March 2023 (1pm-3pm)
- 17 May 2023 (1pm-3pm)
- 19 July 2023 (1pm-3pm)
- 20 September 2023 (1pm-3pm)
- 15 November 2023 (1pm-3pm)

Online bookings - <https://safeseatssafekids.com.au/> and go to the bookings tab



Some of our favourites

Crustless Quiche - Ham & cheese

Ingredients:

- 5 large eggs
- 1 cup cream , heavy/thickened
- 1/4 tsp salt
- 1/2 tsp black pepper
- 100g ham , diced
- 1 cup shredded cheese (anything that melts except mozzarella)
- 1 green onion , sliced

Method:

- Preheat oven to 180°C/350°F. Grease with butter or spray a 22.5cm / 9" pie dish
- Whisk eggs, cream, salt and pepper.
- Scatter most of the ham, cheese and green onion in the pie pan.
- Pour in egg mixture. Top with remaining ham, cheese and green onion.
- Bake 35 minutes until golden on top and centre barely wiggles. Don't overcook, it will lose custardiness.
- Remove from oven, rest 5 minutes and watch it deflate!
- Cut then serve with a simple side salad, or stuff into soft rolls, or wrap into burritos (then pan fry to crisp!)



Australian Curried Sausages

Ingredients:

- 6 beef sausages
- 1 onion thinly sliced
- 350 ml beef stock
- 1 cup green peas frozen
- 1 tbsp curry powder use Keens Curry for the best flavour
- 1 tbsp cornstarch / cornflour
- 2 tbsp water cold
- 1 tbsp vegetable oil for cooking
- Salt and pepper to taste

Optional

- 1 tsp gravy powder sub with Worcestershire sauce, HP sauce or tomato sauce/ketchup

Method:

- Heat the oil in a large frypan over medium-high heat. Add the sausages and fry until browned, turning often to cook through evenly. Remove from the heat and allow to cool slightly, then slice into 4-5 cm pieces.
- In the same frypan add the onion over medium heat and cook until translucent. Then add the curry powder, beef stock and return the sausages to the pan. Bring to the boil then reduce to a simmer.
- Mix the cornstarch with 2 tbsp cold water in a small dish. Pour into the pan with the curried sausages and gently mix through. Add the peas, and continue cooking for another 5 minutes until the sauce has thickened nicely.
- Optional: Add gravy powder, Worcestershire sauce, HP sauce or tomato sauce/ ketchup and mix through for richer flavour. Season with salt and pepper. Serve over mashed potato, cooked rice, pasta or noodles!



NAME: _____

DATE: _____



COMMUNITY HELPERS



T	Z	H	V	D	O	C	T	O	R	H	Y
A	K	D	P	W	P	O	L	I	C	E	K
U	D	L	I	B	R	A	R	I	A	N	W
B	U	S	D	R	I	V	E	R	R	G	P
V	F	A	R	M	E	R	T	N	R	D	F
F	I	R	E	F	I	G	H	T	E	R	M
M	E	C	H	A	N	I	C	S	A	Q	R
T	E	A	C	H	E	R	G	R	L	L	W

FIREFIGHTER

BUS DRIVER

TEACHER

DOCTOR

LIBRARIAN

MECHANIC

POLICE

FARMER



Do you love writing and want to improve your skills and creativity. Eaglehawk Community House are hosting a series of Creative Writing sessions with the talented Ian Nash.

Sessions begin on Wednesday, May 3rd from 2pm to 4pm at 19 Bright Street, Eaglehawk.

Bring a sample of your writing. A story, essay, poem, monologue, dialogue or work in progress.

Or

In 50 -100 words, express why you want to write and what you would like (or feel you need) to write about.

Please call 5446 8322 for more information.

The Eaglehawk Community House is a House for our Community.

Laughter is Compulsory

Make new friends

Help your Community

Stay busy

Fun Activities

Learn new & share Skills

Improve your health and wellbeing

Community Pride

Social Connections

Open 9am – 3pm weekdays

Volunteer opportunities available



Community Café OPEN

Community Lunch every Tuesday

Art Classes

Claim your Power Saving Bonus

Tai Chi

Barista Training

Craft Activities

Gardening groups

General Duties & Maintenance

Help us with our Eaglehawk Magazine Food/Hamper programs

Come and meet Popcorn and Oscar (our furry friends).. And so much more..

There is something for you.



Eaglehawk
Community House Inc

Learning Information Friendship Empowerment

19 Bright Street, Eaglehawk 3556

☎ (03) 5446 8322

Monday – Friday 9.00am – 3.00pm

✉ admin@eaglehawkcommunityhouse.com

🌐 www.eaglehawkcommunityhouse.com

📘 www.facebook.com/eaglehawkcommunityhouseinc