



## YOUR COMMUNITY CONNECTION

ISSUE 33 | JULY, 2022

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### POWER SAVING BONUS

The **\$250 Power Saving Bonus** is a one-off \$250 payment for Victorian households to help ease cost-of-living pressures and encourage people to compare energy offers and save money.

Applications are open between 1 July 2022 and 30 June 2023. The Bonus is available to all Victorians households who visit the Victorian Energy Compare website ([compare.energy.vic.gov.au](http://compare.energy.vic.gov.au)) or engage with an energy affordability service through one of the participating community outreach partners; the Leopold Community & Learning Centre is registered as an outreach partner.

The \$250 Bonus is limited to one payment per eligible household.

To be eligible for the \$250 Power Saving Bonus:

- You must be a Victorian residential energy consumer (i.e., have a residential electricity account).
- You must be the account holder
- Only one payment is available per household

If you would like help in obtaining your Power Saving Bonus, simply phone us on (03) 52501301 to make an appointment.

This service is sponsored by the Victorian Government and is free of charge.

### VOLUNTEERS CAN CHANGE LIVES!

EdConnect Australia trains and supports volunteers to work in local schools to provide a safety net for young people who might otherwise struggle to realise their potential – in school and life

EdConnect volunteers offer one-on-one mentoring to students in need of assistance in the classroom with subjects such as numeracy, reading, science or help around the school in kitchen garden projects, garden maintenance, library and much more.

Last year Deb Trotman\* started volunteering with EdConnect and mentored a Year 6 student, supporting him as he prepared to transition to secondary school. Deb assists in both a one-on-one capacity and classroom learning support. She even supports the senior performing arts classes around their musical production which she is most excited about.

Deb commented “Volunteering in schools is part of my lifelong interest in helping young people aspire to achieve their dreams and goals, help them with direction in this crucial time of their development”

**Why not become an EdConnect volunteer and help make a difference in a young person's life? Visit [www.edconnect.org.au](http://www.edconnect.org.au) or contact Sally Edgerton EdConnect Australia Geelong/Surf Coast Region Liaison Officer: 0498 015 323**

\*You can read more about Deb Trotman and the volunteer work EdConnect does on our website

### KEEPING CONNECTED

Welcome to the 33rd edition of Leopold BUZZ.

You can view or download all issues of the newsletter on our website: [www.leopoldcommunitycentre.com.au](http://www.leopoldcommunitycentre.com.au)  
email: [info@leopoldcommunitycentre.com.au](mailto:info@leopoldcommunitycentre.com.au)

**OFFICE HOURS:**

Monday – Thursday 9.00 a.m. – 4.00 p.m.

Free

## Mental Health, Drug, and Alcohol Counselling

*Now Co-Located in Drysdale BCH for easy access to local residence*

COUNSELLING SERVICE for adults and young people – but also available to FAMILIES impacted by other's drug use or mental health issues.

Brief Interventions supports people who are recognising substance use (alcohol or other drugs) are becoming problematic, alongside mental health issues which may be co-presenting.

Recognising that the long waiting list for psychologist services we welcome mental health referrals.

We offer up to 5 session and Linkages to other supports as required.

Sessions are of a therapeutic nature with a focus on reducing substance use and psychological wellbeing. It may draw on approaches such as CBT, Motivational Interviewing, and Narrative Therapy with access to a range of tools and assessments as required.

**How Can I access this Service?**

It's easy! NO complicated forms. NO Mental Health Care Plan required.

For further information – Ring Raquel on 0432688769

*Bellarine*  
**Writing Competition**  
**SHORT STORY COMPETITION 2022**  
(AGE 16 AND ABOVE)  
**FIVE TOPICS: \$200 FOR EACH WINNER. OVERALL WINNER \$1,000**  
**WRITE A STORY ON ANY TOPIC. YOU MUST INCLUDE A SPLASH, A PERSON WITH A LIMP AND THE WORDS 'BUTTON', 'MASK' AND 'TWISTED'.**

- 750 words max
- Entries close Friday 15th July 2022
- Please include a phone number with your entry
- Entries to barrysproull@gmail.com
- Winner notified on Monday 18th July by phone

### Winner of Short Story Competition: Topic 3 The Siren - John Farrington

You can read John's winning story on our website:  
[www.leopoldcommunitycentre.com.au](http://www.leopoldcommunitycentre.com.au)

**Australian Red Cross**

**Could you be a friendly visitor for someone in need?**

Community Visitor volunteers are matched with a socially isolated older person, and visit them regularly in their home or aged care facility for companionship.

There are a number of lonely and isolated older people in the Barwon Region that are looking for social connection to improve their quality of life. Australian Red Cross are looking for a Greek-speaking volunteers to visit a participant in Portarlington once a week or once a fortnight as part of the Community Visitors Scheme. Can you please share this message with your networks?

#### ***Could you be a friendly visitor for someone in need?***

The **Community Visitors Scheme (CVS)** is a free program where volunteers get matched up with an older person for social companionship and friendship on a weekly or fortnightly basis. The Community Visitors Scheme is available to older people who live in an aged care facility or receive a home care package in their own home.

**Australian Red Cross** are seeking **Greek Speaking** volunteers in the **Geelong Region**. We currently have some Greek-speaking participants who would love to share a cuppa with, share their life stories, have a laugh and chat about current affairs, sport and music.

If you have time to spare and room in your heart for an elderly member of our community, we would love to hear from you. People can apply for the volunteer role on the Red Cross website during the month of June/July

[Volunteer opportunities](#) | [Australian Red Cross](#) You can also

contact **Kimberley Trawn, CVS Program Officer:**

Email [ktrawn@redcross.org.au](mailto:ktrawn@redcross.org.au) or phone **0419 690 036**





Leopold Community &  
Learning Centre



# Caring for Yourself Workshop

**Wednesday 13th July**  
**10.00 a.m.**

Explore why your health and  
wellbeing are important and  
discover strategies to help you  
better care for yourself

**Workshop is free for Carers**

To register phone: **52 501 301**  
31-39 Kensington Road, Leopold

Caring for  
Carers

# CANASTA



## Interested in playing Canasta?

For those who have some knowledge of card games  
and are interested in learning the rules of Canasta  
or if you have already played before and would like  
to become part of a new weekly group.  
Four players are required for a game

**Commencing: 12th July 2022**

**1.00 pm - 3.00 pm**

**Cost: \$5.00 - Includes cuppa**

**Register your interest now! 52 501 301**

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**New !!**

# ABSOLUTE BEGINNERS COMPUTER CLASS

**Register Now:**  
**52 501 301**

Designed for people who have no experience in  
computers. Held over four weekly 1 hour Sessions

- Session 1: Familiarisation of the fundamentals of a computer
- Session 2: Building on fundamentals
- Session 3: Cyber security
- Session 4: MyGov

**Class size limited to 2-4 people**  
**Total cost for 4 sessions: \$40.00**



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# NEEDLE BOOK



## Sew yourself a lovely Needle Book and Scissor Lanyard

Some fabric options as per photo

**Thursday 21st July 10.00-12.00**

**Total cost: \$15.00 - All materials provided**

**To register, phone (03) 52 501 301**

**Come along and join in the fun, tea & coffee provided!**

## TRISTAN'S TECH TIPS

### Old, Slow Laptop? It may be the Hard Drive

The reality in this economy is, we can't all afford a brand-new laptop when our old one starts to slow down. Maybe it's on Windows 7 or 8, when we are up to 11. Very cheap new laptops may not be much faster than what you already have. Try swapping the hard drive with a solid-state drive (known as SSD) and you may see a significant improvement in performance, breathing new life into a tired old laptop.

\$43 to \$45 will get you a 2.5-inch 240GB solid state drive which should be the same size as your old mechanical hard drive. Computer stores such as CentreCom will even be able to do the swap itself for a fee (we don't do them due to insurance reasons, they will also have a warranty for their work)

Removing the hard drive does remove everything on it, including windows and personal files so don't forget to back everything up onto a USB first!

The next step would be to load up Windows 10, the laptop will probably be too old for 11. If your laptop is Windows 7, it will have a sticker with a code on it that will also activate windows 10 meaning you don't need to buy it! Same with Windows 8 laptops, except you don't need to even use a code, it just does it automatically.

If you need assistance loading up windows 10, we can assist.

You don't need to break the bank to have a decent performing older laptop. Just make sure it isn't too old or too weak in the first place to benefit from the speed boost. Most pricy laptops from yesteryear that had at least windows 7 to start with will benefit, just make sure everything else is in working condition too before making the upgrade.

## Leopold Garden Club



Last month's Garden Club meeting had a warm and energetic vibe considering we were into the month of June and the day had started with a very cold morning. As it turned out we had a record attendance of 28 with 3 new faces. Always glad to see new potential members I say potential members as I only found out when discussing our record attendance that the \$5 entry is not taken from first timers until they get a chance to experience the Garden Club mayhem and can then choose to put their name down and pay the next time they come.

What do you get from coming along?

Coffee and a biscuit, gardening information, free plants and seeds; last month dahlias, lilliums, and a selection of wide range of seeds both flower and vegetable, but most of all good company and conversation.

Part of the meeting involved discussion about eating Dahlias, one comment was that the price charged for dahlias made them too expensive for eating. As I pointed out to everyone, we had the perfect opportunity this month as one of the members (Carol) had kindly brought in a large box of Dahlia corms/tubers which technically is incorrect as they are really swollen roots (I cannot help myself). I promised that for the next meeting we will have some cooked and raw to try. If you turned up your face don't be concerned as that night I both tried them raw and cooked. Still here to tell the tale; raw they are crisp and juicy; tasting of celery with a hint of parsnip. Cooked the celery component is lessened and to me it tasted of turnip and parsnip with the texture of water chestnut. An expensive experience if you have to buy the dahlia root, but that goes for most vegetables these days. So, if you come along on Monday 18<sup>th</sup> July at 1.00 p.m., the opportunity to try Dahlia can be yours as well as a session on potatoes and how easy they are to grow and supplement the budget.

Here I go again.....

The year 2008 was **declared the International Year of the Potato by the United Nations**, noting that the potato is a staple food in the diet of the world's population, and affirming the need to focus world attention on the role that the potato can play in providing food security and eradicating poverty.

**Dimitrij Betz, Garden Club Co-ordinator**