

Dereel Community Wellbeing Program

~ working together for a happy, healthy and resilient community ~

What's happening at The Centre in July:

Date / Time	What	Who
Tue 5 th / 9.30am	Understanding Diabetes (Diabetes Week)	Gail (BDNH Group)
Mon 11 th / 1pm	How to navigate Centrelink	Ritchie (Centrelink)
Tue 26 th / 9.30am	Keeping hydrated and regular	Kathy (BDNH Group)

Regular Activities:

- Walking Group: Tue 8.30am and share a cuppa afterwards
- Hub Café: Sat 2-4pm
- Mobile Library: Thurs 2.15-3.00pm (weekly, but not the last Thurs of month)
- Men's Shed: Wed and Sat 11am-4pm

What's coming up:

- Tuesday 4th Oct: **Footy Pie Lunch** to celebrate Seniors Festival.
Contact: Lorraine on 5342 0492.

What's happening in the Area:

Rokewood (Hesse Health – 5267 1280):

- Friday 19 Aug – **The Reel Film Festival**
- Breakfast Club: 3rd Thursday at 7am
- Craft Group: 1st & 3rd Friday at 11am
- Playgroup: Friday
- Physio: Tue morning
- Dietician: Last Wed
- Podiatry: 1st & 3rd Wed
- Maternal & Child Health: Monday (fortnightly)
- Immunisations: 1st Tue of month at 10am

Haddon (Haddon Community Learning Centre - 5342 7050):

- Playgroup: Fri (9.30-11am) \$2 per family. Contact Katrina (5342 4225)

Smythesdale:

- Living Longer Living Stronger: Tue (9.30am) & Fri (10am) \$5. Contact BCH (5338 4500)
- Active Balance program for seniors (over 65): \$5. Contact BCH (53384500)

Golden Plains:

- L2P Program: Contact Golden Plains Volunteer Coordinator (5220 7216)

Contact: Dereel Community Wellbeing Officer - 0409 247 237, commhealth@bdnh.com.au