

Community News 29th October 2018



On Friday 23rd November, we are challenging Australians to flip a piece of clothing inside out for the day. Together let's flip the way our society values girls and make a commitment to valuing them from the inside rather than the outside.

We will also be raising funds on the day that will go into our body image programs for young girls. We want to create a society where women and girls live to their full potential, knowing their true value.

Whether you're part of an organisation, school, childcare centre or whether you're a full time parent, we'd love you to take part.

Register your interest here at www.prettyfoundation.org and we'll send you more information in October.



COME & TRY SUNBURY SCHOOL OF CALISTHENICS

• Dancing • Acting • Singing • Gymnastics • Ballet



OPEN CLASSES

7-10YRS - WED OCT 24 - 5PM - DIGGERS REST HALL
11-13YRS - MON OCT 22 - 5:30PM - DIGGERS REST HALL

OPEN DAY
SAT FEB 2, 2019 - 10AM

ph: 9539 4349

www.sunburyschoolofcalisthenics.com.au
sunburycalisthenics@hotmail.com



Annual General Meeting

The Board of Sunbury Community Health Centre Ltd. has the pleasure of inviting you to the Centre's **43rd Annual General Meeting**

When: Thursday 22nd November 2018
beginning at 6.00pm. Light refreshments will be served.

Where: To be held at the Centre
12 – 28 Macedon Street, Sunbury



It takes a village.....to belong and grow
Passionately engaged.....with our community and each other
We do the right thing.....not just the easy thing
We make things happen.....we get things done

Please RSVP by Friday 16th November to 9744 9505 or helene@sunburychc.org.au

6th Annual
SUNBURY STREET life

O'Shanassy & Brook Streets
Sunday 18th November
10am to 3pm

Featuring:
Live Entertainment
& Family Fun!

**Showcasing over 120 stalls, kids activities,
interactive shows, live music & more!**

Major Sponsors:

Gold Sponsors:







Silver Sponsors:

Bronze Sponsors:

Supporters:










Designed by: **Bonny Goddard**



www.homegrowneventsvic.com | Email: homegrowneventsvic@gmail.com

GIANT CAR BOOT SALE & CRAFT MARKET Sunbury Uniting Church is holding its 15th annual 'Car Boot Sale & Craft Market' on Saturday 17th November, 8.30am–2pm (inside and on the Village Green) with over 60 cars and many craft stalls! Car sites are available at \$25 (+\$10 PL insurance if you don't have your own). Contact Helen on 0407 506 507 or helenhall88@gmail.com.

WE'RE IN SUNBURY



The blood mobile unit is in Sunbury this week and we need help to fill 21 appointments.

Donated blood is used for patients experiencing cancer, surgery, childbirth complications and road trauma.

To ensure we meet patient need, we are urging staff from local organisations to come in and donate blood.

Appointments available:

Date	Times						
Wednesday 17 October	1.00pm	1.45pm	2.15pm	2.45pm	3.15pm	3.30pm	4.00pm
Thursday 18 October	2.45pm	3.00pm	3.30pm	4.00pm	4.30pm	5.00pm	5.30pm
Friday 19 October	9.15am	10.15am	10.45am	12.00pm	12.30pm	1.15pm	2.30pm

Location: Sunbury Memorial Hall, Barkly Street, Sunbury

Call **13 14 95** or visit www.donateblood.com.au

Red25: To make your donation count towards your organisation's tally please complete a Red25 card when donating blood or visit www.donateblood.com.au/red25



Family Mental Health Support Service

Reconnect,
Resilience



More information
p: 1800 787 212
e: hello@breakthru.org.au
w: breakthru.org.au



PROGRAM OVERVIEW

Family Mental Health Support Service (FMHSS) provides free, flexible support that is responsive to children, young people and families affected by, or at risk of, mental health issues, through access to a range of early intervention and education services.



EARLY INTERVENTION AND PREVENTION

- Short term assistance
- Information and referrals
- Limited practical assistance, home based support and advocacy



FAMILY SUPPORT WORKERS

- Individual family support
- Referral, advocacy and case management
- Practical home based support and after hours appointments by negotiation



LONG TERM ASSISTANCE

- Intensive support for up to 12 months
- Supportive family interventions
- Referrals to alternative services as appropriate



COMMUNITY OUTREACH

- Mental health education
- Community development activities
- Facilitation of general group work

breakthru is a purpose organisation that has been supporting people with mental illness for over 25 years. breakthru is committed to supporting families affected by mental health issues and assisting them to build resilience and improve wellbeing.

Shoes with a Purpose.

With every pair of Student's Choice school shoes sold, you're helping State Schools' Relief to provide assistance to tens of thousands of Victorian students that need our help every year.

Our quality leather shoes can now be purchased online at www.ssr.net.au/shop and directly from 16 retail stores and outlets across Melbourne. All profits from the sales of these shoes are returned to the organisation to further benefit underprivileged students.



Confidence
to connect

STUDENT'S
CHOICE

Sneaker/Canvas Shoe



\$45

Female Lace Up



\$65

Female T-Bar



\$65

Male Lace Up



\$65



AKA Embroidery
8/10 Norton Drive, Melton VIC 3337
Tel: (03) 9747 3885

Premiere Group
15 Goodyear Drive, Thomastown VIC 3074
Tel: (03) 9466 4250

Beleza Ballarat
22 Doveton St South, Ballarat VIC 3350
Tel: (03) 5332 4320

Beleza Boronia
Shop 4, 216 Dorset Rd, Boronia VIC 3155
Tel: (03) 9761 2438

Beleza Dandenong
162 Chelleraam Rd, Dandenong VIC 3175
Tel: (03) 5126 2165

Beleza Forest Hill
423-524 Springvale Rd, Forest Hill VIC 3131
Tel: (03) 9678 2211

Beleza Geelong
136 Pyrie St, Geelong VIC 3220
Tel: (03) 5221 8545

Beleza Gisborne
42C Altkan St, Gisborne VIC 3437
Tel: (03) 5426 1285

Beleza Hailam
Shop 7/151-152 Princes Hwy, Hailam VIC 3803
Tel: (03) 9702 3181

Beleza Moe
268 George Street, Moe VIC 3825
Tel: (03) 5126 2165

Beleza Pakenham
7/99 Bako Hill Rd, Pakenham VIC 3810
Tel: (03) 5941 4969

Beleza Somerville
8/13 Eramosa Rd West, Somerville VIC 3912
Tel: (03) 5977 5277

Beleza Traralgon
16A Seymour St, Traralgon VIC 3844
Tel: (03) 5176 5077

Beleza Warragul
Shop 5-6 William Square, Warragul VIC 3820
Tel: (03) 5622 2930

Beleza Wodonga
94 High St, Wodonga VIC 3690
Tel: (03) 6056 9402

State Schools' Relief
1/8 Johnston Crt, Dandenong South VIC 3175
Tel: (03) 8769 8400

Summer Program

Bookings NOW OPEN

	Monday 7-Jan-2019	Tuesday 8-Jan-2019	Wednesday 9-Jan-2019	Thursday 10-Jan-2019	Friday 11-Jan-2019
Week one	Cooking Class LUNCH PROVIDED \$85.00 THEME DAY	Werribee Zoo \$95.00 EXCURSION 1	Karaoke \$85.00 INCURSION	GLOW-IN-THE-DARK WORKSHOP \$75.00 THEME DAY	Wallan Splash Park \$95.00 EXCURSION 2
Week two	Monday 14-Jan-2019 ART ATTACK with Michelle \$85.00 INCURSION	Tuesday 15-Jan-2019 MYSTERY EXCURSION \$95.00 EXCURSION 3	Wednesday 16-Jan-2019 WOOD WORK \$95.00 INCURSION	Thursday 17-Jan-2019 Choose your movie \$95.00 EXCURSION 4	Friday 18-Jan-2019 Water Bomb Fun \$75.00 THEME DAY

	Monday 21-Jan-2019	Tuesday 22-Jan-2019	Wednesday 23-Jan-2019	Thursday 24-Jan-2019	Friday 25-Jan-2019
Week three	Kidstown Adventure Playground PLAYGROUND Shepparton \$95.00 EXCURSION 5	Complete Kids Olympics \$75.00 THEME DAY	Design your own Sneaker \$85.00 THEME DAY	You're a Star Talent Show \$75.00 THEME DAY	Australia Day BBQ LUNCH PROVIDED \$85.00 THEME DAY

BOOK ON OUR FLEXIBUZZ APP.

Click on "Schools, Early Learning", find "Complete Kids Vacation Care" and go to the "Booking" link.



Bookings Close
7th December 2018

COMPLETE KIDS
EARLY LEARNING CENTRES

Quality Leather School Shoes At Affordable Prices