

Belvedere Community Centre newsletter 7 - July 2020

Our doors may be closed but we are still helping to
'create a confident and connected community'



Unfortunately we are closed again

Well we were open for 2 weeks before we were required to close again. During that time we had our Craft N Cuppa group, our Games Galore, Bookclub, Seaford Sewers patchwork group and our Cake Decorating classes were back.

A big thank you to everyone who respected the social distancing and hand sanitising protocols we had in place. Things were a little bit different but it was lovely to see everyone's pleasure of being able to spend time with their friends!

During last term we managed to successfully run our English as an Additional Language classes on line with two classes a week. We also ran a 7 week Introduction to Medical Reception course and a Basic Excel computer course, all were run online via the Zoom platform. A big thank you to our teachers and students who were on a big learning curve in this new world (to us) of online teaching.

We are making face masks for our community and need volunteers!

At Belvedere CC we are asking for support for our face mask program. As COVID-19 rules and regulations change, we thought it would be a great idea to use our communities talents to make face masks which we will distribute at no cost to our vulnerable community members.

Face masks can be made in many designs and looks and the pattern we have sourced is only one of many designs. We have also had some fabric kindly donated to make the masks.

If you are a sewer and able to help out we would love to hear from you. Our office will be open (if regulations allow) between 11:30am - 12:00pm on Tuesday's for you to either drop off completed masks or pick up a sewing kit comprising of a pattern, material and elastic (if available).

If you would like a set of masks or know someone in need, please let us know by leaving a message on our phone.



Face mask hints and tips:

- To prevent your glasses fogging up, one tip is to submerge your glasses in soapy water and then let them dry by themselves, creating a thin anti-fog layer on the lenses.
- Another idea is wear them a bit lower on your nose which also helps the mask fit tighter on your face.
- Wash your mask every time after wearing in hot soapy water.
- Sanitise your hands before putting on your mask and after taking it off.

Cooking

Potato Pancakes



Ingredients

- 5 medium potatoes, washed and grated (you don't have to peel them)
- 1 cup of grated zucchini or butternut pumpkin or carrot
- 1 medium onion, finely diced
- 1 cup grated cheddar cheese
- 2 large eggs, lightly beaten
- 1/2 tsp salt
- Coconut or olive oil for cooking

Instructions

- Coarsely grate the potatoes. Place them in a colander and rinse under cold water until the water runs clear. Allow them to drain or if you are in a hurry, squeeze the grated potato until no more liquid easily comes out. Put the potatoes in a bowl.
- Add the grated zucchini (or pumpkin or carrot), onions and eggs to potato. Mix well then add salt and cheese.
- Mix again, the mixture should no longer be dripping liquid and should hold together when squeezed.
- Heat 1 tbs of coconut or olive oil in a frying pan over medium heat. You don't need lots of oil, just enough to brown the potatoes on each side.
- Put a spoonful of potato mixture in the hot pan and press down with the bottom of your spatula to flatten the pancake. Fry on one side until golden brown, flip over and cook the other side until golden brown.
- Drain on a wire rack or paper towel and keep warm in the oven while you make more! Add more oil for each batch, making sure it is hot enough before adding the mixture. Serve hot with sour cream, yoghurt or even some cooked bacon!

Help and other advice lines:

Healthline direct hotline: 1800 022 222 and speak to a registered nurse

Coronavirus Health Information Line:
1800 020 080

Lifeline: 13 11 14 or text 0477 13 11 14

Beyond Blue: 1300 22 4636

1800 Respect: 1800 737 732

Headspace: 1800 650 890

Mindspot: 1800 61 44 34

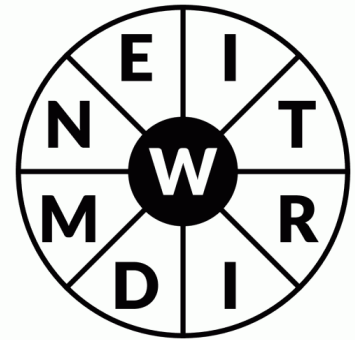
Kids Helpline: 1800 55 1800

National Debt Helpline: 1800 007 007

Frankston Community Support: 9783 7284

TARGET WORD PUZZLE

Last newsletter answer:
SATELLITE



Coping with isolation and being at home - again

Here are some strategies that can help with life during the latest COVID-19 restrictions.

- Stay active - it's well known that exercise is good for both our physical and mental health. It can be a walk around the block or the back yard. Do whatever suits you but MOVE!
- When we are stressed our thoughts tend to speed up. Taking 10 minutes or so to practice mindfulness can help produce a sense of calmness. This can be as simple as sitting comfortably with a cup of tea in your favourite cup and pay attention to your senses - the smell of the tea, the warmth of the cup in your hand, the taste of the tea. Relax and enjoy the calm.
- Chat with family and friends. As we can't meet in person at the moment, make the effort to reach out to your favourite people and have a chat about how you are feeling.
- Take a break from the news. Although it is important to stay informed, too much can be overwhelming. It's also important to make sure you are getting your news from a reliable source.
- Watch or read something uplifting. Distraction can be a good thing!

These hints were courtesy of Beyond Blue