

# Belvedere Community Centre

## newsletter 9 - Sept 2020

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



### Stay Calm - Stay Wise - Be Kind

Self-care is not selfish - you can't pour from an empty cup. Join us for Self-Care September and find ways to be kinder to yourself as well as others.

### ACTION CALENDAR: SELF-CARE SEPTEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>1</b> Remember that self-care is not selfish. It's essential	<b>2</b> Be willing to share how you feel and ask for help when needed	<b>3</b> Free up time in your diary by cancelling any unnecessary plans	<b>4</b> Forgive yourself when things go wrong. We all make mistakes	<b>5</b> Plan a fun or relaxing activity this weekend and make time for it	<b>6</b> Focus on the basics: eat well, exercise and go to bed on time
<b>7</b> Remember it's ok not to be ok. We all have difficult days	<b>8</b> Notice the things you do well today, however small	<b>9</b> Avoid saying 'I ought to' or 'I should' to yourself	<b>10</b> Give yourself permission to say No to requests from others	<b>11</b> Aim to be good enough, rather than perfect	<b>12</b> Let go of being busy. Allow yourself to take some breaks today	<b>13</b> Make time today to do something you really enjoy
<b>14</b> Talk kindly to yourself like you would to someone you love	<b>15</b> Find a caring, calming phrase to say to yourself when feeling low	<b>16</b> Notice what you are feeling today, without any judgment	<b>17</b> Leave positive messages for yourself to see regularly	<b>18</b> Don't compare how you feel inside to how others appear outside	<b>19</b> Get active outside and give your mind & body a natural boost	<b>20</b> No plans day - make time to slow down and be kind to yourself
<b>21</b> Remind yourself that you are loved and worthy of love	<b>22</b> Look at photos from a time with happy memories	<b>23</b> Let go of other people's expectations of you today	<b>24</b> Ask a trusted friend to tell you what they like about you	<b>25</b> Release yourself from inner demands and self-criticism	<b>26</b> Find a new way to use one of your strengths or talents today	<b>27</b> Take your time. Make space to just breathe and be still
<b>28</b> Accept your mistakes as a way of helping you make progress	<b>29</b> Write down three things you appreciate about yourself today	<b>30</b> You matter. Remember that you are enough, just as you are		<b>Self-care is not selfish. You can't pour from an empty cup</b>		

**ACTION FOR HAPPINESS**

Learn more about this month's theme at [www.actionforhappiness.org/self-care-september](http://www.actionforhappiness.org/self-care-september)

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Keep Calm · Stay Wise · Be Kind

A huge THANK YOU to everyone who has supported our mask making drive. We have been very fortunate to have such amazing support from our members and those in our local community. We have received very generous donations of material, elastic, buttons and wool for our ear mask buddies and our reusable face masks. We still have a steady supply of face masks and ear buddies if you or someone you know needs them. Helen and Jenny open the office each Tuesday from 11:30am - 12:00pm for pick ups.



To those generous people who insisted on donating money for your masks, we have passed your donations on to the Cancer Council Daffodil Day fundraiser. So far this has raised \$140 to the appeal.

# Cooking

## Michelle's cauliflower soup

### Ingredients

- 1 cauliflower
- Fennel seeds and / or a fennel bulb
- 4 litres chicken stock
- Salt and pepper to taste



### Instructions

- Chop up cauliflower and fennel (if using)
- Roast veggies in oven until tender
- Put all ingredients into a pressure cooker and cook for 12 minutes or cook on stove until everything is tender
- Blitz until smooth
- Add a knob of butter when blitzing for a delicious creamy taste

### Variations - end of week soup!

Have a look at what veggies are left at the end of the week in your crisper and add these as well

### Something to spice it up:

Saute a diced onion and a garlic clove  
Couple of tablespoons of vegemite  
Sweet chilli sauce  
Tablespoon or more of chutney or mustard  
Dried herbs and spices - whatever you like the taste of!

*Michelle is one of our fabulous Committee of Management members*

## FUNNIES

**Q. How much money does a pirate pay for corn?**

**A. A buccaneer.**

I was going to make myself a belt made out of watches, but then I realized it would be a waist of time.

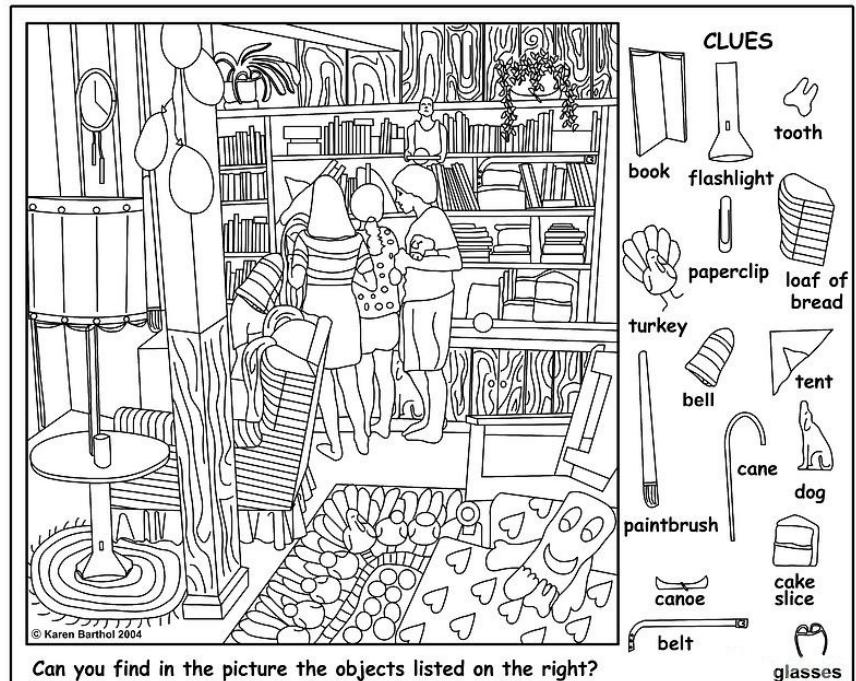
**Q. What do you call a thieving alligator?**  
**A Crookodile**

**Q. What do you call a bee that can't make up its mind?**

**A Maybe**

**Q. How are stars like false teeth?**

**A. They both come out at night!**



### 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

### Guess the 9 letter word!

Clue: Nobody can read without me

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Letters 4+5+6 is an animal

Letter 7 is me

Letter 3 is u

Letters 2+8+9+1 means completed.

Who am I?