

# Belvedere Community Centre newsletter 8 - August 2020

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



## BCC face mask drive

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.

At 7 August we have had over 300 masks and almost 100 ear mask buddies made for us. At this stage we have donated over 250 masks to:

- Springvale refugee community members
- Dandenong WAYSS youth homeless service
- Frankston Council Maternal Child Health Services for their vulnerable families
- Sonya Kilkenny MP & Peta Murphy MP - to distribute to vulnerable community members
- Numerous members of our community

We will continue to make and distribute masks throughout the pandemic. If you or someone you know needs a mask let us know. At this stage our office is open from 11:30am - 12:00pm on Tuesday's to pick up masks or to deliver your donations.



### What is an ear mask buddy?

One of our lovely volunteers who works in health care, told us about these handy items. These buddies are great if you have to wear a mask for a long time or wear a hearing aid. They also help if your mask elastics aren't the right length. We have different sizes available if you would like one.

## Equip4life

While we are limited in where we can go and who we can see, it is a great time to look at our health and wellbeing.

Would you like to know more about:

- Strategies to reduce stress
- Improve brain health
- Tips for improved sleep
- Healthy cooking recipes and tips

### Healthy Ageing & Wellness Consults @ Home - NO COST

FOR A LIMITED TIME...  
Receive a FREE at home 'Health and Wellness Bundle' including a Healthy Recipe Cookbook & Exercise Resistance Band set during program

- NO COST - Victorian Government Funded
- 20 minute personalised consults
- Expert advice from Dietitians & Exercise Professionals
- Proven to reduce weight & belly fat, improve diet & increase physical activity for better health

PHONE CALL CONSULTATIONS

TOPICS COVERED	WHY THESE CONSULTS?
<ul style="list-style-type: none"><li>• Reduce belly fat / lose weight</li><li>• Strategies to reduce stress</li><li>• Increasing energy and fitness</li><li>• How to read food labels</li><li>• Improve brain health</li><li>• Increase strength &amp; flexibility</li><li>• Tips for improved sleep</li><li>• Preventing falls &amp; fractures</li><li>• Learn new exercises at home</li><li>• Improve physical &amp; mental health</li><li>• Healthy cooking recipes &amp; tips</li><li>• Individual health goal setting</li></ul>	<ul style="list-style-type: none"><li>• There's NO COST- thanks to Government Funding</li><li>• Delivered by Dietitians &amp; Exercise Physiologists</li><li>• Over 60,000 Victorians joined since 2007</li><li>• Reduces risk factors associated with COVID-19</li><li>• Free Healthy Resource Manual including recipes &amp; home exercises</li></ul>

Phone Call Consultations

For more information or to register...  
(03) 9874-1150 or 0404-501-195 | [alain@equip4life.com.au](mailto:alain@equip4life.com.au)



[equip4life.com.au](http://equip4life.com.au)

These Consultations are all funded by the Victorian Government and therefore come at no cost to you. They also provide FREE literature and resources.

The consultations are all conducted by University Qualified Dietitians and Exercise Physiologists.

ALL their services do not have a cost and they DO NOT sell any products.

Call 9874 1150 or 0404 501 195 for more details.

# Cooking

## Lemon and coconut brownies

### Ingredients

- 250g butter
- 2 cups caster sugar
- 4 eggs
- 1.5 cups plain flour
- 1 cup desiccated coconut
- 3 teaspoons finely grated lemon rind
- 1/4 cup fresh lemon juice
- Icing sugar to dust when cooked

### Instructions

- Preheat oven to 180 degrees
- Line a 20 x 30cm slab pan with non-stick paper
- Melt butter in a saucepan over a medium heat
- Remove from heat and stir in the sugar
- Add the eggs 1 at a time and stir until the mixture is thick and glossy
- Sift the flour over the egg mixture and stir until well combined
- Stir in coconut, lemon rind and lemon juice
- Spread over base of prepared pan
- Bake for 30 minutes or until a skewer inserted into the centre comes out clean
- Set aside in the pan to cool completely.
- Cut into pieces and dust with icing sugar
- Grab a cuppa and enjoy!



## PUZZLES

Last newsletter answer for target word:

**MIDWINTER**

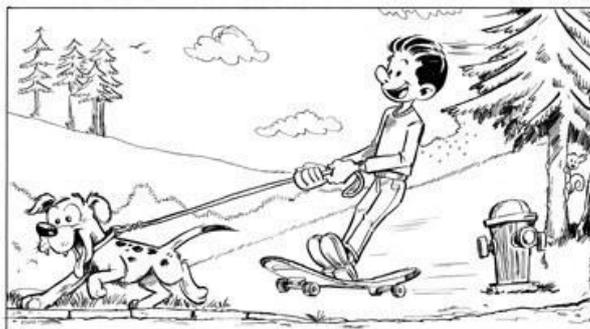
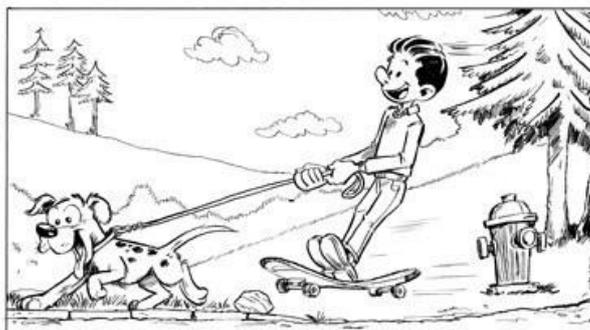
## Have a giggle

Q: What do you call a hippie's wife?

A: Mississippi

## SPOT THE DIFFERENCE!

Find 10 differences between the 2 pictures!



## NOT EVERYTHING IS CANCELLED

sunshine is not cancelled  
spring is not cancelled  
love is not cancelled  
relationships are not cancelled  
reading is not cancelled  
naps are not cancelled  
devotion is not cancelled  
music is not cancelled  
dancing is not cancelled  
imagination is not cancelled  
kindness is not cancelled  
conversations are not cancelled  
**hope** is not cancelled



#keeplookingup  
SimpleStencils.com

### 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

**Belvedere Community Centre**  
Ph: 9776 8922  
www.belvedere.org.au

**36 Belvedere Rd, Seaford 3198**  
email: centre\_manager@belvedere.org.au  
facebook: BelvedereCommunityCentreInc