

Belvedere Community Centre newsletter 3 - April 2020

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



Belvedere Community Centre is currently closed, as we are following Government guidelines, but we are still here to help you through this challenging time.

We are available via:

- Phone: 9776 8922 - leave a message and we will get back to you as soon as possible.
- Email: centre_manager@belvedere.org.au
- Contact section of our web site: www.belvedere.org.au
- Facebook: BelvedereCommunityCentreInc

If you or anyone you know is isolated and needs support please give them our details or details below.

How to boost your immune system at home.

Here are some ideas we would like to share to help boost your immunity as well as your mental and physical health at home.

- **Tea** - contains health promoting substances which have anti-inflammatory and antioxidant properties
- **Sunshine** - Vitamin D helps support the immune system by producing antibodies that can fight illness
- **Movement** - stimulates the lymphatic system to oust toxins from the body
- **Sleep** - the most critical immune building processes happen in our sleep
- **Hydration** - helps flush toxins, waste and bacteria from the body to fight disease and infection as well as strengthen the immune system
- **Healthy eating** - the foods we eat modulate our immune system and can efficiently reduce the risk of infection
- **Laughter** - triggers immune cells and infection fighting antibodies that improve your resistance to disease
- **Music** - helps balance the frequencies in the body & reduce stress hormones that can suppress the immune system
- **Meditation** - improves immune and cognitive function, helps cultivate healthy sleep patterns and reduces blood pressure



IMPORTANT NOTICE - COMMUNITY SUPPORT FRANKSTON IS STILL IN OPERATION DURING THE COVID-19 PANDEMIC

Due to the current pandemic, CSF is offering Frankston residents a telephone (9783 7284) and email (csf@frankston.net) based assistance service. You will be able to speak with an interviewer, who will assess your current needs and discuss how we can provide **Emergency Relief** and essential supports to you, ie:

- ✓ *Pantry Items*
- ✓ *Food Parcels*
- ✓ *Pre-made Meals*
- ✓ *Bread*
- ✓ *Fruit & Vegetables*
- ✓ *Personal Hygiene Products*
- ✓ *Laundry Vouchers*
- ✓ *Payment of Bills*

If you don't have access to a phone, CSF can provide you with a Telstra Phone Card with instructions on how to contact us. These cards are available at our premises – 35 Beach Street, Frankston.

A home delivery service is also available to those people unable to attend our premises.

Telephones are manned by our volunteer workers during the following hours:

MONDAY TO FRIDAY - 9.30AM TO 3.30PM

Move It or Lose It

**Channel 44 on your TV
features a different gentle exercise
routine every weekday morning
8:30am - 9:00am.**

**Put this show in your daily routine to
take a step towards a healthier life!**

Cooking hints & tips

This weeks recipe - Chicken Soup

Ingredients

- 1 small whole chicken, uncooked, skin on
- 3.5 L water
- 3 tbs chicken stock powder
- 5 bay leaves
- 1 onion, peeled
- 1 carrot, cut into chunks
- 1 celery stick, thickly sliced
- 2 tsp mixed dried herbs
- 1/2 tsp salt and pepper
- 250g pasta small, uncooked
- 420g canned corn kernels drained
- 420g canned creamed corn
- 2 carrots, peeled and diced
- 2 celery sticks, diced
- 2 cups mixed vegetables of your choice, diced

Instructions

Step 1

- Place first nine ingredients into a large 5L soup pot, bring to boil, then reduce heat to a rapid simmer for approx 1 hour.

Step 2

- Meanwhile cook pasta as per packet instructions until al dente. Drain and set aside.

Step 3

- Remove the chicken and stock vegetables from the broth. Discard stock vegetables.
- Remove the meat from the chicken, chop roughly and return to the pot.
- Add corn kernels, creamed corn, carrots, celery and 2 cups of chopped vegetables.
- Simmer for a further 45 minutes, check seasoning, add salt and pepper and additional chicken stock powder if necessary.
- Add cooked pasta and extra water if required. Simmer for a further 5 minutes.
- Enjoy with crusty bread for a delicious healthy meal!

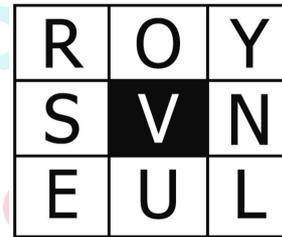
Handy Cooking Tips:

- Perfect melted chocolate - half fill a saucepan with water, bring to a simmer and place a bowl of chocolate melts or chopped chocolate on top. Make sure the bowl doesn't touch the water. Stir until melted.
- Sifting secrets - if you want a light sponge cake, sift your flour 3 times before adding it to the mixture. The higher you lift the flour above the bowl the more you will aerate it.
- Spooning - always use a large metal spoon to fold dry ingredients into the wet mixture. If you use a wooden spoon the mixture will lose all its air.

TARGET WORD PUZZLE

How many words of four letters or more can you make from these nine letters? Each letter can only be used once.

9 letter word solution next newsletter.



Things to be aware of:

Scammers are using the spread of COVID-19 to take advantage of people across Australia. Scammers are hoping that you have let your guard down. Do not provide your personal, banking or superannuation details to strangers who have approached you.

- Hacking occurs when a scammer gains access to your personal information by using technology to break into your computer, mobile device or network.
- Identity theft is a type of fraud that involves using someone else's identity to steal money or gain other benefits.
- Phishing scams are attempts by scammers to trick you into giving out your personal information such as your bank account numbers, passwords and credit card numbers.
- For more information or to report a scam go to: www.scamwatch.gov.au

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