

Written by Cindi Brassington—Coordinator

## Happy New Year

Thank you to everyone in the community that has popped in to say hello and has made both Alice Felber and myself feel very welcome. I love the feeling of welcome that a community like Dandaragan gives out. We are in the process of planning many exciting events and happenings over the next 12 months. We will give you a bit more information about who we are and our roles next edition.

## School Holiday Activity—Slip' N' Slide

A huge thank you to Donna Vanzetti for organizing the Slip'N'Slide and Snake Bite training day, the weather wasn't the best but those that attended had a great time.

Also a big thankyou to the following people for the time you put in to assist the smooth running of the day, Will George, Paul Woolstencroft and his two helpers from the Shire who picked up the water-slide, then kindly set it up for us up at Pioneer Park. They hammered in all the pegs and made it nice and sturdy. Plus they also came back later and packed it all up, rolled it up and brought it back down to the CRC. Dave Sawyer from the Dandy Ambulance came down and taught the kids the correct way to treat a snake bite, and of course the Board and staff at the Dandaragan Community Resource Centre, who did lots of running around.

The kids practiced on each other and received their own First Aid Kits. The kids also learnt about being Sun Smart and completed a fun quiz and took home lots of goodies donated by the Cancer Council. And of course they loved flying down the water- slide! It was a big hit.

Mac Hewlett cooked up the sausages for our sausage sizzle and the whole event ran really well. It would have been good to have a few more kids there but many families were still away on holidays.

We wanted to thank everyone so much for your help in preparing for the event, it went so well that we would like to plan to run it again, maybe in the next school holidays.



Ryan and Chloe Wilkins receiving their first aid kits from Dave Sawyer



Practicing their newly acquired bandaging skills on their patient Alice



## Coming Events

### **Better Beginnings— Wednesday 17th February, 2016**

We will be exploring primary colours with playdough. Plus a story reading after morning tea. Morning tea is provided for everyone, if parents could please supply a piece of fruit and a cold coin donation. Looking forward to a fun creative year. Starts at 9am

### **Maggie Dent — Thursday 18th February, 2016**

Tickets are still available at the Dandaragan CRC for both Maggie Dent sessions, Ladies at 1.30 and Men at 5.30pm, this promises to be a great event. At \$30 per session it's great value. Don't miss out.

### **Ladies Pamper Day in the Sunroom — 25th February, 2016**

Contact Sarah Meier for further details on 0432 851 506

### **Golden Oldies Book Club — 10.00am Thursday 25th February, 2016**

The book we will be discussing is "Thee Postmistress" a New York Times Best Seller by Sarah Blake. Everyone is welcome and there are more copies available at the Dandaragan CRC. Morning Tea is provided and the cost is just \$5 per person. Look forward to seeing you there!

### **Mental Health First Aid Course — 31st March & 14th April 2016**

This 2 day Nationally Accredited course is being run by Helping Minds at no cost to the participant's (normal charge is \$350 per person), for further information and bookings contact Maxine Santich on 0456 954 659. Numbers are limited so get in quick.

### **MidWest Optimal Health**

**Christine Smith - Neurofeedback Provider.** Phone 0432 009 748 to make an appointment.

NeuroOptimal® neurofeedback is a unique and leading edge system that is a peaceful, non-directive training assisting the natural capacity of the brain and body for healing, personal growth, learning, performance improvement, and transformational evolution.

### **Fisio Your Frame - Clinical Pilates & Physiotherapy**

**Ms. Felicity Sarah Campbell - BSc (Physiotherapy).** Phone 0499 624 335 to make an appointment.

Please go to the following website for more information: <http://fisioyourframe.me/>