

Small Business Matters in Gannawarra

Do you own a small business (maximum of 20 people) in the Gannawarra Shire?

The Cohuna Neighbourhood House, along with our partners, NDCH, Quambatook and Kerang are inviting small business owners and their staff to attend a range of events as part of the **Small Business Matters** campaign being rolled out throughout July and August.



22nd July: **Quambatook**. Small business owners and their staff can

have a laugh at the Comedy Night, featuring Billy Stiles, Dave O'Neil and Jarryd Goundrey.

7th August: Cohuna. Champion AFLW footballer and Star Australian Diamonds netballer Sharni Layton and

notable wellbeing speaker Warren Davies, 'The Unbreakable Farmer' will speak about their

lives and achievements.

7th August: **Koondrook**. An exclusive opportunity for small business owners under the beautiful gum trees,

where you can enjoy an afternoon with Zoe's Little Flower Farm participating in a wreath making

workshop.

Lunch On Us - see details inside to enter

Businesses can enter to have a free lunch, delivered on site, to their staff through the *Lunch On Us* campaign – designed to bring a smile to staff faces and have a bit of fun! This campaign will support local food businesses who supply the lunch each Wednesday and Friday over eight weeks. The first week saw three small businesses enjoy lunch, including Rumbold's Auto Electrical (Sh'marnas Place delivered onsite) on Hump Day Wednesday, and Quambatook Café and Northwest Ag Quambatook (Kerang Sporties delivered) on Hey Hey it's Friday.

"Small Businesses are the backbone of the local economy, providing vital goods and services, employment as well as helping us to all live in thriving and vibrant communities," Northern District Community Health Service CEO, Mandy Hutchinson said. "It's wonderful to see that we as a community can offer something back to small business given the past couple of years which have been incredibly stressful for them".

Gannawarra Wellness Wheel - see details inside to register

The Gannawarra *Wellness Wheel* will be a feature at all Small Business Matters in Gannawarra campaign events, and all small businesses in Gannawarra are invited to be involved and are encouraged to attend events for a chance to win a voucher from participating businesses across the shire. This is a great opportunity to showcase your business, network with the local business community and market your service.

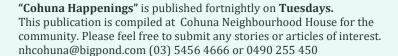
All we ask of you is to be a part of the WELLNESS WHEEL by registering your interest and we will purchase a voucher from you.

The Small Business MATTERS campaign has been made possible with funding from the Mental Wellbeing of Business Communities Grant Program – Small Business Victoria and through the collaborative efforts of Cohuna Neighbourhood House, NDCH, Kerang Neighbourhood House and Quambatook Community Resource Centre and The Cohuna Progress Association.

For more information visit the Facebook pages of NDCH, Cohuna Neighbourhood House, Kerang Neighbourhood House or Quambatook Community Resource Centre.

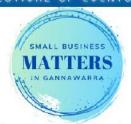
Let us cover costs while we nurture your mental health.







FESTIVAL OF EVENTS





LUNCH ON US-REGISTER TO WIN









WELLNESS WHEEL-REGISTER





COMEDY NIGHT-DAVE O'NEIL + MORE

22 JUL.2022







SHARNI LAYTON & WARREN DAVIES



7 AUG,2022 | O 17PM-2PM | COHUNAKANOAS CLUB





WREATH MAKING WORKSHOP

7 AUG,2022 | 11AH-2FH | KOONDROOK SENIOR CITIZENS CENTRE





ONE MORE EVENT TO BE ADDED



Refreshments and great company! Limited spots-\$10 per person. Exclusive opportunity for small business staff in Gannawarra.





2 Station St Koondrook



http://www.ndch.org.au/events.html



Follow NDCH for more S MATTERS events @ndchvic





SHARNI LAYTON &

Join us for lunch as we hear from Sharni and Warren. They will speak about their lives, achievements and provide practical tips on how to care for both yourself, your friends and your colleagues. FREE EVENT. ALL WELCOME.



7 AUG, 2022

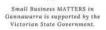


12PM-2PM

COHUNA KANGAS CLUB ROOMS





















Small Business Matters in Gannawarra Wellness Wheel will be at all campaign events where business employers or employees can drop their business cards in to be drawn for a spin of the wheel to receive a cash voucher from other local businesses.

Draft Aquatic Strategy survey open until 31 July



Please complete the Survey.

Since development of the draft strategy began in late 2020, the passion our communities have for their local outdoor swimming pools is evident. The survey is one of the ways residents can provide feedback on the draft strategy up to 5pm Sunday, 31 July, with comments accepted in the following ways:

By completing a Have Your Say form available at www.gsc.vic.gov.au/aquatic

By emailing council@gsc.vic.gov.au

By writing to Gannawarra Shire Council, PO Box 287, Kerang VIC 3579

The link to the survey is

https://www.surveymonkey.com/r/SK9SNLY

There is paper copies located at Cohuna Newsagent, Cohuna Post Office and Cohuna Neighbourhood House



If you test positive for COVID-19, you must:

- Report your result to the Department of Health if you tested positive on a rapid antigen test. Visit www.coronavirus.vic.gov.au/report, or call 1800 675 398 as soon as you can. You don't need to report your result if you tested positive from a PCR test.
- Immediately isolate for 7 days from the day you took your positive RAT or PCR test.
- Tell your close contacts, workplace and/or education facility you have COVID-19 and follow your checklist: www.coronavirus.vic.gov.au/checklist-cases









All Welcome!

Drop down to Cohuna Neighbourhood House anytime and grab plenty of food from our community cupboard—including donated lemons & limes. *Yummo!* We also have a community garden with ready to pick herbs and vegetables. Come inside from 9am-3pm for easy to cook meal kits from our pantry and freezer—all created with recipes by our amazing volunteers. Pick up a hamper. We are so proud to have this service in Cohuna.

Come Monday morning and "shop" in the store.

Food Voucher

Cohuna Neighbourhood House Emergency Relief Pantry



Are you experiencing financial hardship? In need of assistance. Cut out this voucher and bring it to Neighbourhood House, 29 Market Street, between 9am & 3pm Monday to Friday and exchange it for a food hamper.

All welcome!

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MOVIE LOVERS

Bus trip Cohuna to Echuca 1st Tuesday of the Month

Next Trip 2nd August

To book your seat

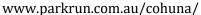
call Cohuna Neighbourhood House 54546 4666 Bus leaves Cohuna between 5.30 - 6.30 pm.





Every Saturday run or walk.

Meet 7.45 am at Garden Park. Free timed event. Don't forget vour barcode









LEARN ABOUT THE INTERNET, COMPUTERS, **IPADS & PHONES**

Helping older Australians thrive in a digital world

Be Connected

Come along every Friday morning to Cohuna Neighbourhood House and learn more about your Phone or Ipad.

FREE - for more information call 5456 4666



4th Sunday of Every Month Next Market 24th July 2022

COUNSELLING SUPPORT & SERVICES

Brought to you by



We have a range of professional, confidential counselling and support services. Our staff are professional, ethical, qualified and highly skilled

They can help you with many different life issues including:

- mental health
- anxiety and depression
- grief and loss
- trauma
- stress
- alcohol and other drugs
- stopping smoking
- communication and relationships
- work and career
- life transitions such as the birth of a new baby, separation or divorce
- parenting
- abuse
- self-esteem
- exploring gender identity and/or sexuality,
- and much more

What area do we cover:

Gannawarra and Buloke Shires, and the northern end of the Loddon Shire. Please contact the team for more specific areas that

What is the cost?

This service is fully subsidised. There is no



NDCH Cohuna



5451 0200





REGISTERED **NDIS PROVIDER**



NORTHERN DISTRICT COMMUNITY HEALTH

OUR NDIS SERVICES:

- Support Coordination
- Occupational Therapy
- Dietitian
- Podiatry
- Paediatric Physiotherapy* (*up to 17 years of age)

If you have a NDIS plan with these services in it, give us a call.

For more information on the National Disability Insurance Scheme: www.ndis.gov.au



5451 0200



www.ndch.org.au



🖪 ndisendch.org.au



Movie



at Cohuna Neighbourhood House Come along and enjoy watching great movies on the BIG screen in a warm cosy room.

Free event coffee and tea supplied

Every MONDAY afternoon 1-3pm **AUSTRALIAN** movies Every Wednesday morning 10 -12noon **OSCAR Award winning Movies**



Face masks

Due to an increase in COVID-related hospitalisations, mask-wearing in indoor and crowded settings is now strongly recommended to protect individuals and our most vulnerable Victorians through winter.

Cohuna Spinning & Weaving Group

We meet every TUESDAY at the Memorial Hall 10am till 2pm Lots of experience if you wish to learn these skills and more KNIT. CROCHET. SPIN.WEAVE. FELT.

Or just bring your knitting and enjoy a cuppa and a yarn. Contact the Secretary 0429 065 119



FIRST AID TRAINING COURSES



First Thursday of every month. **Next Course 4th Aug**

FIRST AID HLTAID003:

Level 2 Pre-work book to be completed.

Cost \$150 8.30am till 4.30pm FIRST AID: Reaccreditation Cost \$75 8.30am till 12.30pm

Cohuna Neighbourhood House 5456 4666



parents and carers of young people



COMING TO KERANG

FOR PARENTS



starting Thursday 28 July



9.30AM-11.30AM for six weeks

To register interest, parents just need to give Headspace a call on 03 4010 7100 and someone will be in touch.



Cohuna Happenings—Community Newsletter has been supported by funding received by Gannawarra Shire Council through the Drought (Mental Health) Package, and is supported by the Gannawarra

COMMUNITY GROUPS AND MEETING NOTICES

Social Support Group

Open Monday & Thursday

Seniors Room, Market St. Contact Cohuna Hospital. Phone 54565300.

Cuppa & Chat

Every Wednesday morning 9.30 am, Bower Tavern

Cohuna Community Service Group

Meets: 1st and 3rd Thursday of each month at

Cohuna Water Tower. Danny White 0418359242

Paper collection -1st Sunday of month. Please leave on nature strip by 9am. #Train Hire Available#

Cohuna District Hospital Ladies Auxiliary

Meets on the 1st Friday of each month (excluding Jan, July & Aug) 10.00am at the CDH Multi-Purpose Meeting room. Secretary Joy Crellin 54562170

Cohuna/Leitchville Sub-Branch R.S.L

30 Channel St, Cohuna, meets 3rd Thursday of each month, 7.30pm. Enquiries: Geoff Dale 0428 563395 Cohuna /Leitchville RSL" Crazy Whist"
Wednesdays -1.30pm @ Club Rooms - Channel St.

\$4 to Play-includes Raffle and Cuppa. All Welcome.

Cohuna/Leitchville R.S.L. "Canasta & Coffee"
Tuesdays 1pm – at Club Rooms – \$3 to play includes Tea/Coffee & Biscuits. All Welcome.

Enquiries Judy Hughes 54 563314

Cohuna Masonic Lodge King Edward St

Meetings: 2nd Thursday of each month Enquiries: Ray Crellin 0428 178770

Cohuna Patchwork Group

Meets at Masonic Lodge, King Edward Street 1st & 3rd Mondays 10.00am - 3.00 pm 2nd & 4th Tuesdays 7.30 – 10.00 pm Cost - \$6.00 Carolyn Ryan 0488 745 413

Cohuna Progress Association

Meeting 7 pm on 3rd Monday of month Community Meeting Room. All welcome.

Cohuna Retirement Village Auxiliary

Meets 1.30pm 3rd Monday of the month in Retirement Village Multipurpose Room. Enquiries 5456 2338

Cohuna Senior Citizens

Meet Tuesday 1pm - 4pm & Friday 1pm - 4pm at Market St Rooms. New members welcome. President: Marion Peatling 0417163486

Cohuna Art Gallery

23/25 King Edward St. Fridays 10am till noon and 1:30pm till 3:30pm. Saturdays 10am till noon

Leitchville Bunyips Sporting Club

Meet 2nd Monday every month, Bunyip Hut Call Trevor for enquiries & directions 0400 581122

Cohuna Weight Loss Support Group

Support in losing weight. Join us at our friendly weigh -ins. Wednesday 4pm-4.30pm at Cohuna Neighbourhood House.

Enquiries: Dot Waterson 0428 537 845 **Churches that hold weekly services**

32 Channel St, Cohuna Anglican

Ph: Rev Sue Allan 0417 365386

Belmont St, Cohuna Baptist Catholic King George St, Cohuna Uniting Sampson St. Cohuna 5456 2381

Cohuna Model Flying Club

lyndon.clifford@education.vic.gov.au

0429 165669

Family Drug Help

Ph 0427 567170 for more information and support.

500 Club

Every Wednesday evening at 7pm at Community Meeting Room. All Welcome Enquiries - Des Shelley 54562723

U3A Cohuna

Groups meet regularly to enjoy many varied activities. Enquiries: President Ann Graham 5456 2028

Garden Lovers

Meet 2nd Friday of every month in Community Meeting Room at 1:30pm Enquiries - Carol Hall 5456 3100

Cohuna Lions Club

Meet at the Shire Building (near dentist) on the 2nd Wednesday of month 7pm for 7.30pm

Visitors welcome. President: Norm Walkington.

Secretary: Anne Graham 0407 316303

Leo Club:

Monthly 1st Monday of the month Cohuna Scout Hall President: Ebony Smith

LEO Advisor: Fiona Smith 0402 305566

RSL Pool & Morning Tea

Held in RSL Clubrooms at 30 Channel St Monday mornings (except public hols) 9.15am – 12noon

All Members and Members' friends welcome.

Enquiries - Trevor 0414 264 199

Cohuna Spinning & Weaving Group

Tuesdays from 10am, front room at Memorial Hall (turn right past stairs). Stay an hour or all day. Enquiries Secretary 0429 065119

Northern District Dance Association

50/50 old time/nu vogue. Band Hall, Maxwell St, Kerang

Every Monday from 8pm. Also 4th Friday of each month.

Pigeon Racing Mallee Combine (Cohuna)

Contact Barry Stacey 0407 406 568

Waters Edge Walkers

Every Wednesday morning 8.30am at Gateway Carpark

Cohuna Clay Target Club Inc

Contact Stephen Bottcher 0427 656684, Giorgi Boucher 0409 777 542

Cohuna Farmers Market 4th Sunday every month. From 8am. Contact Sarah Mostyn 0407 476065.

Cohuna & District Historical Society

Meets 4th Thursday every month @ 1.30pm Cullen Street. New members welcome.

Trash & Treasure open Mon, Wed, Fri, Sat 9.30-12 PH: 5456 2345

Cohuna Men's Shed

Tues & Wed 9am-3pm. Thurs 9am-12noon. 3 William St. New members always welcome. PH: 0490 184181

Cohuna Art & Craft Gallery

Located in old library, Shire Building

Open Friday 10am-12noon & 1-3pm; Saturday 1-3pm PH: 5456 4666

Maternal & Child Health Pram Walk

Wed 10am. Meet at roundabout carpark near bridge.

Cohuna parkrun

Every Saturday 7.45am, Garden Park. Event Director, Alan, 0418 560252.