

"Happenings"

Cohuna's Community Newsletter

May 2024 Issue No: 402

Photo by Ros Dwyer



Neighbourhood House Week

13 - 19 MAY '24

STRONGER Together!



OPEN DAY

Cohuna Neighbourhood House

FREE Morning Tea

Thursday 16th May 10am.

Come & see our renovations, Community Garden & more

National 20-26 MAY 2024

Volunteer

Something for Everyone Week

Do you Volunteer? Would you like to Volunteer? Cohuna Neighbourhood House would like to know what you are doing, or wanting to do, so we can link you to local organisations, clubs and groups. Pop in anytime during Volunteer Week and register or come along for

FREE Morning Tea Thursday 23rd May 10am.



"Nature's Colour Palette"
Cohuna by Ros Dwyer



"Cohuna Happenings" is published at the beginning of every month. This publication is compiled at Cohuna Neighbourhood House for the community. Please feel free to submit any stories or articles of interest. hello@cnh.org.au (03) 5456 4666 or 0490 255 450



COHUNA/LEITCHVILLE RSL COMPETE IN EDINBURGH SHIELD BOWLS COMPETITION IN COROWA



Seventeen members of the Cohuna/Leitchville RSL travelled to Corowa on 13/14th April to compete in the Annual Edinburgh Shield Bowls Competition 2024 against other RSL Sub-branches. Members from four different clubs - Cohuna Golf, Cohuna, Gunbower & Barham formed four teams and were successful in defeating Doncaster, Numurkah and Moe-Trafalgar, but went down to Altona the eventual winners in the last game. Our manager Irene Trezise did an outstanding job organising the players and teams. All members played well, and everyone had an enjoyable weekend.

Photo: Irene Trezise Manager, John Dickins, Frank Trezise, John Henty, Des Easton, Bob Maud, Mike Hofman, Peter Coates, Noelene Brown, Steve Brown, Cherelle Baker, Bluey Fletcher, Gwen Campbell, John Brown, Ian Coates, Mary Rodwell, Lyle Baker.



Cohuna & District Historical Society

As you can see Trash and Treasure is a hive of activity. It pays to come in regularly because stock moves quickly. What you see today will be different to next week.

Cullen St. (behind the PO)



A big thankyou to the Cohuna community for raising \$7,731 towards the Good Friday Appeal this year.
Thankyou from Cohuna & District Lions Club



Need Financial Help?

Free financial counselling 1800 007 007
Budget Tools & Advice - moneysmart.gov.au
Mallee Family Care 1800 632 263

GARDENING WORKSHOPS

at Cohuna Neighbourhood House

LOCAL PLANTS

10am Thursday 9th May

"Exploring regional and local Plants that are edible or medicinal with the "Lazy Gardner"

Indigenous plants

Bush Tucker

Call Cohuna Neighbourhood House to Book
5456 4666

Coliban WATER



Coliban Water Community Rebate & Cohuna Neighbourhood House.

Bendigo Bank · Kerang



You're invited

Do you need a hand to get started online?

In partnership with the Good Things Foundation, we can help you discover how being online can add new skills and experiences to your life - for free.

Come along on Fridays to

Cohuna Neighbourhood House
29 Market Street Cohuna

Ph: 5456 4666

E: hello@cnh.org.au

Bendigo Bank

Good Things Foundation Australia



COHUNA FIRST AID TRAINING COURSES



First Thursday of every month.

Upcoming Courses
Thursday 2nd May
Thursday 6th June

Book Online at www.richriverfirstaid.com.au
Or call Cohuna Neighbourhood House
03 5456 4666

Counselling & NDIS Support Services

Serenity

0494 060 314

Your mental health is just as important as your physical health.



Garden Park 9am-1pm
Next market
Sunday 26th May 2024



Meet Georgia
Carer Support Facilitator

Do you care for someone a little, or often?

We are here to connect with you!

Contact Georgia for further information
5451 0200

LOCAL AREAS WE COVER:

- Gannawarra
- Loddon
- Buloke
- Swan Hill



NDCH welcomes people of any age, gender, sex, sexuality, culture, religion and ability.
We acknowledge that we are on Aboriginal land and pay our respect to Elders, past, present and emerging.



SUPPORT FOR CARERS

If you are an unpaid carer, of any age and an Australian resident then you are eligible for assistance through NDCH.

Services we provide

- in-home or community support/respite
- group support and activities
- counselling
- financial assistance for respite related needs

NDCH seeks to connect and support all carers in any circumstance.



FREE SERVICE



Celebrating the CWA

You may have noticed a new pergola going up at the side of Cohuna Neighbourhood House. After the closure of the CWA we received a donation from funds remaining, with the request that we purchase an outdoor bench in honour of CWA. This project has grown into an outdoor “room” with benches and table made by artist Malcolm Johnston. He has decorated the benches with kitchen implements and we have incorporated Australian motifs into the metal frame. Our wonderful volunteer gardeners have planted edible vines that will form a canopy over the top.



RIAC's Tips for Carers/Parents of ASD and ADHD children

Does your neurodivergent child struggle with change?

Change is a normal part of life. However, neurodivergent children often find it hard to cope with change or transitions in their life.

Try the following tips to help your child...

- Talk about upcoming changes so they can be prepared. Give them time and space to process the change.
- Mark the change on a calendar. If possible, make it a fun countdown.
- Have support people around. Share the upcoming change with your child's family/friends and school so people they are comfortable with can help with the transition.
- Be sure to listen to, and respect, your child's feelings about the change.

Come along to our **Carer Support groups** to learn more tips and enjoy a cuppa and a chat with other parents who have faced similar struggles.

Cohuna Carer Self-Care Hub

When: 1pm – 2.30pm

3rd Wednesday each month

Where: Northern District Community Health
25 King Edward Street, Cohuna

For more **information** EMAIL: carers@riac.org.au
PHONE: Carolyn – 0488 605 363



All Welcome!

Drop down to Cohuna Neighbourhood House @ 29 Market St and grab plenty of food from our community cupboard. We also have a community garden with ready to pick herbs and vegetables.

PLEASE NOTE NEW PANTRY HOURS

Come inside to “Shop”
Monday 9-10am,
Tuesday 9-12 noon
Wednesday 9-12 noon
Thursday 9-12 noon
Friday 9-12noon

Hampers are available when pantry is closed

We are so proud to have this service in Cohuna



VICTORIA'S CONTAINER DEPOSIT SCHEME



Cohuna Neighbourhood House Container Deposit Scheme OPENING HOURS

MON 10am - 3pm (Closed 12-1pm)
 TUE 10am - 3pm (Closed 12-1pm)
 WED 10am - 5pm (Closed 12-1pm)
 THU 10am - 3pm (Closed 12-1pm)
 FRI 10am - 5pm (Closed 12-1pm)
 SAT 9am - 12pm
 SUN - by appointment only

GLASS: Glass, Steel | PLASTIC: PET (Deposited), HDPE, Other Plastics | CANS: Aluminium | CARTON: Liquid Paper, Board, Other Materials

in bag limits of 100 containers for CANS, PLASTIC & CARTON
in bag limits of 50 containers for GLASS(Stubbies)

Cohuna Neighbourhood House
 29 Market Street Cohuna
 03 5456 4666



VICTORIA'S CONTAINER DEPOSIT SCHEME

WHAT CAN YOU RETURN?



Check for the 10c mark

Eligible ✓

- Aluminium cans
- Plastic bottles
- Glass bottles
- Paperboard cartons (under 3L)
- Steel bottles/cans

Most beverage containers (between 150ml and 3L) made from aluminium, glass, plastic, steel and liquid paperboard are eligible.

Ineligible ✗

- Wine and spirit bottles
- Milk containers
- Paperboard cartons (over 3L)
- Cordial bottles

Don't throw these out! Ineligible containers may still be recycled in your kerbside recycling bin.

Still unsure? Ask us or use our website container eligibility scanner.
 visit www.cdsvic.org.au

Cohuna District Hospital
 Connection Corner
promoting health

SUNDAY MAY.5
 International Midwives Day
www.internationalmidwives.org

TUESDAY MAY.7
 World Asthma Day
www.asthma.org.au

FRIDAY MAY.10
 World Lupus Day
www.lupusnsw.org.au

SUNDAY MAY.12
 International Nurses Day
grateful for our amazing nurses

MONDAY MAY.20
 National Volunteer Week
www.volunteeringaustralia.org

SUNDAY MAY.26
 Food Allergy awareness week
www.allergyfacts.org.au

WEDNESDAY MAY.29
 Mental illness & suicide awareness day
 Wear white to Work Day in Support
www.5waystowellbeing.org.au

THURSDAY MAY.30
 World MS day
www.worldmsday.org

FRIDAY MAY.31
 World No tobacco day
www.heartresearch.com.au/quit-smoking

Tell your story about your experience of care at
Cohuna District Hospital

We CARE about your OPINION
 Scan the QR code above or
 phone 1300 662 996

LEARN ABOUT THE INTERNET, COMPUTERS, IPADS & PHONES

Friday is "Digital Day" at Cohuna Neighbourhood House

What exactly do we do on Digital Day? We thought you might like to know, so we made a list of the various jobs we were asked to do on **JUST ONE RANDOM FRIDAY**:

- How to sell (bull) semen on-line!
- Re-installing Bendigo Bank app
- Extending ring tones and call volumes
- New phone consultation
- Recovering email accounts
- Configuring email settings
- Syncing devices
- Accessing emails from multiple devices
- Managing account details of network providers
- Welcome information for new members to the community



Level UP! In Cohuna

Level Up Gaming came to Cohuna during the Holidays with thanks to Flood Recovery Funding and Gannawarra Shire. *Level Up Gaming* has a heap of great ideas for games and gadgets and competitions to bring in the future. Teenagers enjoyed the experience of Virtual Reality gaming. They all had a great time and enjoyed a FREE icecream and Slushie from the Big Cohuna Icecream Shop.



"What's On?"

Coming Events 2024

May	Cohuna Art/Craft Gallery: "Remembrance" Exhibition
Thu 9th May	"Lazy Gardener" Workshop 10am at Neighbourhood House
Thu 16th May	Cohuna Neighbourhood House OPEN DAY Free Morning tea 10am
Wed 22nd May	"Chicago" bus trip to Melbourne 
Thu 23rd May	Volunteer Week at Neighbourhood House Free Morning tea 10am
Fri 12th July	Eskimo Joe Live show tour bus trip to Swan Hill
Sat 17th Aug	Rob Mills performs the songs of BON JOVI bus trip to Swan Hill
Wed 4th Dec	The Tina Turner Musical Bus trip to Melbourne

Bookings for Bus trips are essential call
Cohuna Neighbourhood House 5456 4666

CNH - Ongoing Activities - all welcome

MON	FREE Movies on the BIG Screen 1pm -3pm
WED	8.30 am Waters Edge Walkers - walking Group meets at Gateway Carpark—coffee 9.30 Bower 4pm Cohuna Weight Loss Support Group
THUR	Community Garden catchup 10- 12 noon
FRI	Phone, Digital and Online assistance 9am—3pm
ALL	Container Deposit Scheme —Bring your empty drink containers to us for a refund 5456 4666

Cohuna U3A Ongoing Activities

MON	YAH Singers, Visiting Group
TUE	Chair Exercises
WED	Cribbage and Scrabble alternating
THUR	Collectors, Dining Out , Games, Card making
FRI	Cryptic Crosswords, Art in the Making, Travellers' Tales



Gannawarra
Arts Culture &
Entertainment
Club

Join Our Club!
Come with us to enjoy shows and
performances within our Shire and
beyond.

All Welcome!

Bus Leaves from Cohuna Neighbourhood House
29 Market Street Cohuna

UPCOMING SHOWS - Call Cohuna

BUS TRIP TO SWAN HILL

Eskimo Joe Live



Cost: Bus and Show \$82

Bus Leaving Cohuna Neighbourhood
House at 6.00pm.

picking up in Kerang 6.20pm

Call Cohuna Neighbourhood
House to Book 03 5456 4666



Gannawarra
Arts Culture &
Entertainment
Club



A Cohuna Neighbourhood House Program

MOVIE LOVERS

Bus Trip to Echuca Movie



First Tuesday Evening of every month

Bus leaves Cohuna

Neighbourhood House at varying times.

Bus \$12

Purchase your movie ticket at the cinema.

Call Cohuna Neighbourhood House 5456 4666.

Prefer to see a daytime movie?

*Catch the local bus at 9.05am from Memorial Hall,
1st Tuesday or 3rd Friday of any month—returns
from old post office, Echuca at 2pm.*




Off-leash Dog area
Second oval
Please clean up after your dog.

This newsletter relies on information submitted by organisations, businesses and community members. While Cohuna Neighbourhood House staff and volunteers make every effort to print accurate and relevant information, it does not guarantee that the publication is without error and therefore disclaims all liability for any error, loss or other consequence which may arise from you relying on information in this publication.

Cohuna ART Gallery

GOLDEN RIVERS Artists



Present their **Remembrance Exhibition**

This exhibition is to honour and commemorate all those who served their country

Art produced by members of Golden Rivers Artists Inc.

"First Night" Cohuna Gallery 6pm Thursday 11th April 2024

Gallery hours : Wednesday 10-12md
Friday 10-12md Saturday 10-12md
Anzac Day 10-1pm

Contact Lorraine Learmonth on 0429103180 for enquiries.
Denise Waterson 0407508348

ANZAC DAY



Cohuna District Hospital's MGP has been designed for local women!



Cohuna District Hospital has been caring for women and their families for more than 80 years

Recently, we decided to change the way we deliver maternity care and work on something new.

With help from our community, our midwives and other regional health services we redesigned our maternity service to meet the needs of rural women and families now and well into the future.

Our small team of midwives can provide increased flexibility and individualised care to all women and families through pregnancy and after birth.

To find out more visit our website:
www.cdh.vic.gov.au/maternity
Or call 0417 598 491



www.cdh.vic.gov.au/maternity

COMMUNITY GROUPS AND MEETING NOTICES

500 Club

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

Churches that hold weekly services

Anglican 32 Channel St, Cohuna
Ph: Rev Sue Allan 0417 365386
Catholic King George St, Cohuna
Uniting Sampson St, Cohuna 0402906780

Cohuna Art & Craft Gallery

23/25 King Edward St. Open Friday 10am-12noon
& 1-3pm; Saturday 10am-12noon
PH: 5456 4666

Cohuna Clay Target Club Inc

Contact Stephen Bottcher 0427 656684, Giorgi Boucher
0409 777 542

Cohuna Community Service Group

Meets : 1st and 3rd Thursday of each month at
Cohuna Water Tower. Danny White 0418359242

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 & District Historical Society

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

Cohuna Farmers Market 4th Sunday every month.

From 8am. Contact Sarah Mostyn 0407 476065.

Cohuna Golf & Bowls Lawn Bowls Social/Pennant

Golf Road, Cohuna Golf Links Estate.
Bowls President Graeme Peace 0417 341 142
Secretary Yvonne Eckhardt 0427 562 606

Cohuna RSL Pool & Morning Tea

Held in RSL Clubrooms at 30 Channel St
Monday mornings (except public hols) 9.15am – 12noon
Enquiries Trevor Powis 0414 264 199

Cohuna/Leitchville Sub-Branch R.S.L - Meeting

30 Channel St, Cohuna, meets 3rd Thursday of each
month, 7.30pm. Enquiries: Trevor Powis 0414 264 199

Cohuna Lions Club

Meet at the Shire Building (near dentist) on the 2nd
Wednesday of month 7pm for 7.30pm
Visitors welcome. President: Anne Graham 0407 316 183

Cohuna Masonic Lodge

King Edward St
Meetings: 2nd Thursday of each month
Enquiries: Ray Crellin 0428 178 70

Cohuna Men's Shed

Tues & Wed 9am-3pm. Thurs 9am-12noon. 3 William St.
New members always welcome. PH: 0408 103 179 or
0400 583 618

Cohuna Model Flying Club

lyndon.clifford@education.vic.gov.au

Cohuna parkrun

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

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 Senior Citizens

Meet Tuesday 1pm – 4pm & Friday 1pm - 4pm
at Market St Rooms. New members welcome.
President: Sue Sheen 0405 659 475

Cohuna Spinning & Weaving Group

Tuesdays from 10am, front room at Memorial Hall
(turn right past stairs). Stay an hour or all day.
Enquiries Lorraine Learmouth 0429103180

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

Cuppa & Chat

Every Wednesday morning 9.30 am, Bower Tavern

Family Drug Help

Ph 0427 567170 for more information and support.

Garden Lovers

Meet 2nd Friday of every month in Community
Meeting Room at 1:30pm

Leitchville Bunyips Sporting Club

Meet 2nd Monday every month, Bunyip Hut
Call Trevor for enquiries & directions 0400 581122
0429 165669

Leo Club:

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

LEO Advisor: Fiona Smith 0402 305566

Maternal & Child Health Pram Walk

Wed 10am. Meet at roundabout carpark near bridge.

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.

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

Pigeon Racing Mallee Combine (Cohuna)

Contact Barry Stacey 0407 406 568

Social Support Group

Open Monday & Thursday
Seniors Room, Market St. Contact Cohuna Hospital.
Phone 54565300.

Trash & Treasure open Mon, Wed, Fri, Sat 9.30-12

PH: 5456 2345

U3A Cohuna

Groups meet regularly to enjoy many varied activities.
Enquiries: President Anne Graham 0407 316 183 or 5456
2028

All Members and Members' friends welcome.

Waters Edge Walkers

Every Wednesday morning 8.30am at Gateway Carpark
followed by coffee at the Bower 9.30.

To our COMMUNITY GROUPS

*Please contact Cohuna Neighbourhood House
with any updates to this page.*

Phone : 5456 4666

hello@cnh.org.au

29 Market Street

