



Billabong
clubhouse

Reflections



MISSION STATEMENT

Billabong's mission is to enable adults living with mental illness to live their ideal life by fostering a safe and respectful environment.

Want to become a member?

Drop in and see us anytime for a guided tour and to receive our orientation pack!

No booking necessary! Our friendly staff and members are happy to chat anytime.

Contact Us

6 Darling Street, Tamworth NSW

Opening Hours: 8am- 4pm, Mon - Fri.

Ph: (02) 6766 9960

E: admin@billabongclubhouse.org.au

www.billabongclubhouse.org.au

Or find us on Facebook!

DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLOSED	CLOSED	1 CLOSED New Years Day 	2 12.15pm – Lunch PASTA & BAKES	3 10.30am– BIG BREAKFAST 12pm - Happy Hour/ Grocery Shopping
6 12.15pm – Lunch QUICHE/ SANDWICH/ SALAD OF THE DAY	7 12.15pm – Lunch ROAST OF THE DAY	8 12.15pm – Lunch FISH OF THE DAY	9 12.15pm – Lunch PASTA & BAKES	10 10.30am– BIG BREAKFAST 12pm - Happy Hour/ Grocery Shopping
13 12.15pm – Lunch QUICHE/ SANDWICH/ SALAD OF THE DAY	14 12.15pm – Lunch	15 12.15pm – Lunch FISH OF THE DAY	16 12.15pm – Lunch PASTA & BAKES	17 10.30am– BIG BREAKFAST 12pm - Happy Hour/ Grocery Shopping
20 12.15pm – Lunch QUICHE/ SANDWICH/ SALAD OF THE DAY	21 12.15pm – Lunch ROAST OF THE DAY	22 12.15pm – Lunch FISH OF THE DAY	23 12.15pm – Lunch PASTA & BAKES	24 10.30am– BIG BREAKFAST 12pm - Happy Hour/ Grocery Shopping
27 Australia Day	28 12.15pm – Lunch ROAST OF THE DAY	29 12.15pm – Lunch FISH OF THE DAY	30 12.15pm – Lunch PASTA & BAKES	31 10.30am– BIG BREAKFAST 12pm - Happy Hour/ Grocery Shopping

NEWS FLASH!!!

You can catch us on Facebook, Instagram, our website, monthly newsletters, email, phone, and of course...come on in! We look forward to seeing you!

WHAT CAN I DO @ BILLABONG?

Billabong is voluntary to attend and you can come here as often as you like, to do as much or as little as you like! We have qualified staff who can support you in many areas. We also have a variety of fun activities available, as well as different groups daily so see below for further details.

MONDAY	10am - Smart Recovery Group (NO DECEMBER SESSIONS)
TUESDAY	TO BE ADVISED
WEDNESDAY	10.30am - Wellness Wednesday 1.30pm - Art Group
THURSDAY	Free Activities Day
FRIDAY	10.30am - Movie Morning 12pm - Happy Hour (no alcohol involved!)

**Wii & Xbox, Cards & board games, Computers,
Movies, Arts & crafts and
Social outings**

UPCOMING EVENTS



Billabong Clubhouse Christmas Lunch



17th December 2019



CHRISTMAS DAY LUNCH

We had 13 members attend our Christmas day lunch this year. Many thanks to Joe & Kim for graciously hosting this event. Christmas can often be a hard time for people who don't have family and friends.



QUOTES

1. If you can't do great things. do small things in a great way.
2. Life isn't about finding yourself. Life is about creating yourself.

GYM UPDATE

As you may be aware, we lucky enough to secure some funding to allow us to get some gym equipment for the clubhouse. With this grant we have purchased

- ♦ An exercise bike.
- ♦ A treadmill
- ♦ A cross trainer
- ♦ Boxing gloves
- ♦ Medicine balls
- ♦ Resistance bands
- ♦ Rubber flooring

Our gym is up and running both walker and cycle have been used and are fabulous way to start your morning. I recommend giving it a go even if only for 10 mins to start with and build up your strength and enjoy the benefits. That can come from exercise in air conditioned comfort. At your own pace. In your own time with no pressure. A great way to start your week. Try any equipment you like. Denice.

FUNDRAISER



Joe and Jeff were invited to a presentation from Youth Frontiers, which is a mentoring program which is being delivered through Peel High School. Youth Frontiers encourages teenagers to complete a project which makes a positive impact within the community. Indy & Aaliyah chose Billabong Clubhouse as their charity.

Indy & Aaliyah held a cupcake stall to raise money to donate to Billabong Clubhouse. This involved cooking the cakes as well as going to shopping centres on the weekend's to sell the cakes.

They managed the raise in excess of \$150 for Billabong. We are very grateful for their efforts.

Pictured is Jeff, Aaliyah and Joe at the presentation.

Thankyou Indy & Aaliyah

SCHOOL VISITORS

We were lucky to have help from the boys from Calrossy Anglican School.

In what is an annual visit from them they assisted us with various jobs around the Clubhouse including helping assemble some of our new gym equipment. The boys joined us for lunch after a hard morning's work.

The boys were most helpful and very well mannered and a

A credit to their School.



BIRTHDAYS

Joseph 5 4th

David 9th

Mary 12th

Keith 12th

Pamela 14th

Ruth 14th

Lance 20th

Mick 30th



Community



Joe Miller chatting to minister of Aboriginal Affairs Ken Wyatt. Joe expressed his views on suicide prevention and what needs to be done in the community.

Joe is our Community Engagement Officer and is not afraid to ask the hard questions to get the right answer.

IN THE KITCHEN...

MUSHROOM & BACON QUICHE

Easy/ 20 prep/ serves 4 cook 110 mins

Ingredients

- 2tbls olive oil
- 250g Swiss Brown or Cup mushrooms sliced
- 1 Brown onion finely chopped
- 150g rind less bacon chopped
- 2 Sheets frozen shortcrust pastry thawed
- 3/4 cup grated tasty cheese
- 3 eggs
- 1/2 cup full cream milk
- 3 tsp cornflour
- 2 tsp Dijon mustard



Method

1. Heat a frying pan over high heat. Add half the olive oil & half the mushrooms to pan shake pan often for 2mins. Remove to a plate with remaining mushrooms. Cool
2. Add the onion bacon to the pan, cook stirring often for 4 mins until bacon is golden. Remove from heat & cool.
3. Place large tray into oven, preheat tray 220c. Cut a 22cm round from 1 sheet pastry and 3 x 5cm wide strips from other sheet. Place strips around the edge of ungreased 22 cm base spring form pan.
4. Place a sheet of baking paper over the pastry and half fill with dried beans or rice bake 5-7mins until pastry is golden.
5. Spread the bacon, mushrooms & onion & cheese. Evenly over pastry base Whisk egg cream milk cornflour mustard mixture pour over bacon & mushroom evenly. Bake 30- 35 mins until golden. Serve with Salad & Chips.

Wyalaliba Bushfire relief fundraiser



On the 15th of December we held a fundraiser for the Wyalaliba community which was ravished by bushfires recently. In a joint Effort between Billabong Clubhouse and Mind Matters Tamworth we managed to raise \$1,500. We would like to thank the artists who donated their time as well as the many local business who donated prizes for our monster raffle. A great day was had by all.

NEW YEARS MESSAGE

On behalf of all staff at Billabong Clubhouse, we would like to welcome you all to an new year and a new decade as well. I can confidently say that Joe, Vicki and myself are excited about what 2020 is going to deliver for Billabong Clubhouse.

Whilst the 2nd half of 2019 finished with a complete turnover of staff, the 3 of us are ere enthused about bring some fresh ideas and to make Billabong a great clubhouse for our members. JEFF

HELPFUL CONTACTS

Mental Health Line	-	1800 011 511
Lifeline	-	13 11 14
Beyond Blue	-	1300 22 4636
Suicide Call-back Service	-	1300 659 467
National Sexual Assault & Family Violence Counselling Service	-	1800 737 732
Kids Helpline	-	1800 55 1800
Men's Line	-	1300 78 99 78

PROUD SUPPORTERS

