



Volunteering

Donating your time and skills as a volunteer is a generous and impactful way to make a difference in your community. Volunteering benefits communities, increases social cohesion, provides opportunities to gain valuable experience, and enables people to develop new skills. Volunteering also benefits oneself. It can expand social networks, improve health, and offers a sense of purpose and accomplishment.

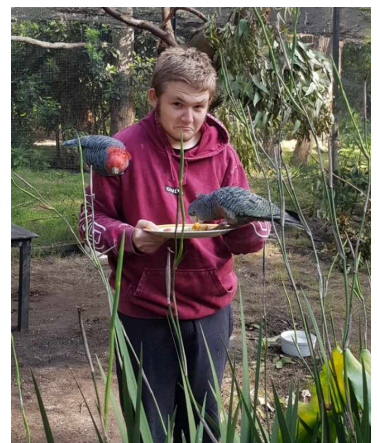
Many local non-for-profit community groups are looking for volunteers now. Here's a few: Same Wave Program Pambula Beach, Sapphire Life Opportunities, Ricky's Place, Potoroo Palace, Meals on Wheels, Panboola Wetlands, Marine Rescue, Rural Fire, and many more. Volunteering makes a difference.

Mitchell is a volunteer at Potoroo Palace working in the feed sheds and cleaning the animal enclosures, assisting with general gardening and maintenance, and interacting with the animals.

Mitchell is the designated Milly lifter at Potoroo Palace. He lifts the resident wombat Milly in and out of the cart when she goes on tour of the grounds greeting the visitors.

Milly is very selective in who can pick her up, however Milly trusts Mitchell, and they have built a good relationship in the eight months Mitchell has been volunteering at Potoroo Palace.

Potoroo Palace are very grateful for the great work you do Mitchell. Thank you for your contribution to our community.



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Music & Movement

Connections Plus have been hosting a "Music & Movement" session regularly on a Tuesday at 10.30am for 45 minutes

Downstairs at the Tura Beach Country Club.

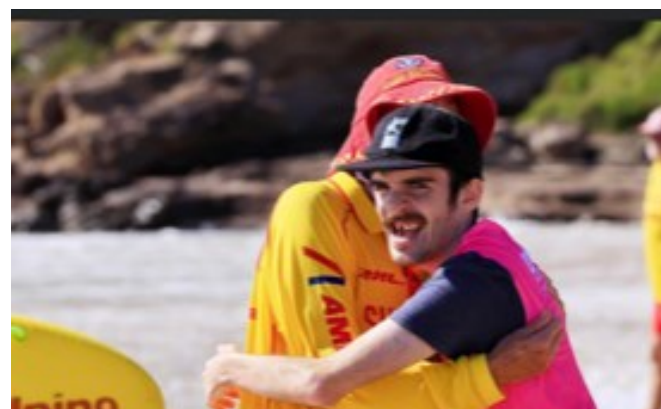
If you love music, dancing or just socializing and this sounds like you, please contact the office for further details.

6495 3797

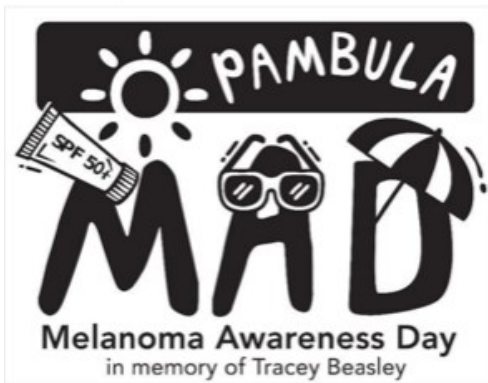
Same Wave Pambula

Some great photos of both Damen and Jordan soaking up the sun and learning some new skills in the new year thanks to the volunteers of the Same Wave program.

Photographer—Tracey Harris



What's on:



Join us for a FREE fun-filled family day with activities for all ages.

Pambula MAD invite everyone to come and enjoy performing art displays, live music, mega games, tiny zoo, magician, face painting, balloon art, kids corner, jumping pillow, food vans, and more.

Come along to the 'Health Hub' for information on melanoma education and prevention. Local health professionals will provide free mini health check ups, give aways, and grab your free raffle ticket to win some great prizes.

Skin Check Champions will be joining us to provide free skin checks *Limited Available* and Bega Valley Skin Cancer Clinic will be offering a free-in-clinic skin check with thanks to our major sponsor Robert Smith Furniture & Sleep Doctor.

Pambula Business Chamber, supported by Rotary Pambula and Discovery Park Pambula Beach will be hosting this MAD event in honour of Tracey Beasley.

Tracey was a much loved local mum who sadly died from melanoma. Pambula MAD will honour Tracey and help keep her candle alight, spreading the importance of melanoma awareness.

Sunday 26th March 2023



EAT MERIMBULA

EAT Festival is back, and for our 10th year!! Over 4 days, locals and visitors can indulge in a series of paddock to plate and tide to table experiences that celebrate the food, the heritage and the pristine natural wilderness of the Sapphire Coast. Not to mention our super talented chefs and producers!

We're looking forward to seeing our loyal locals and visitors in 2023 so save the date!!!

Sunday March 12th 2023 EAT Merimbula
Fishpen Road, Merimbula 10am—2pm

Vauxhall Owners Club of Australia 48th Annual Classic Car Show In conjunction with Merimbula Rotary Markets



Come and see the largest display of Vauxhall and Bedford vehicles in Australia

Ford Park
Ocean Drive Merimbula NSW
9.00am to 1.00pm - 19th of March 2023

www.vauxhall.org.au www.facebook.com/vocoa
<https://rotaryclubofmerimbula.com.au/>



Christmas Dinner 2022

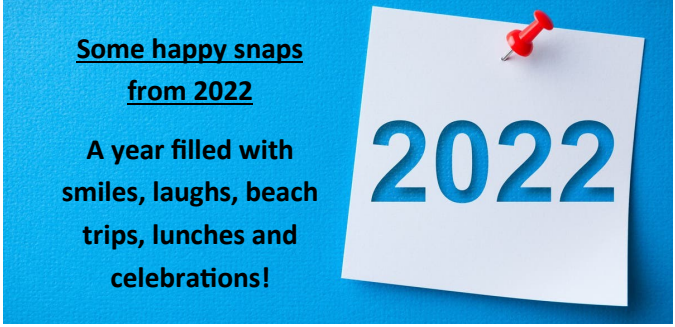
TIDAL RESTAURANT

Office staff and Support Workers were invited to a Christmas Dinner at Tidal Restaurant on Friday 9 December. It was a fun, relaxed night with games and prizes as well as exquisite food, wine and service.

It was a great opportunity to thank our team for all their hard work and commitment throughout 2022. Feedback from those who attended was positive saying it was a pleasant change from last year's more informal get-together at Oaklands and they enjoyed being able to sit down in smaller, intimate groups as well as mingling over the course of the evening.

We realise everyone's taste is different, so we are open to ideas, suggestions or requests for our 2023 celebration.





Local Talent:

Candice recently had the pleasure of meeting a very talented local photographer at the Merimbula Markets.

Marcus Ward Curran is a local man who loves capturing some of the most picturesque destinations around the coast.

With permission Candice selected just a few of her favorites to share with us.

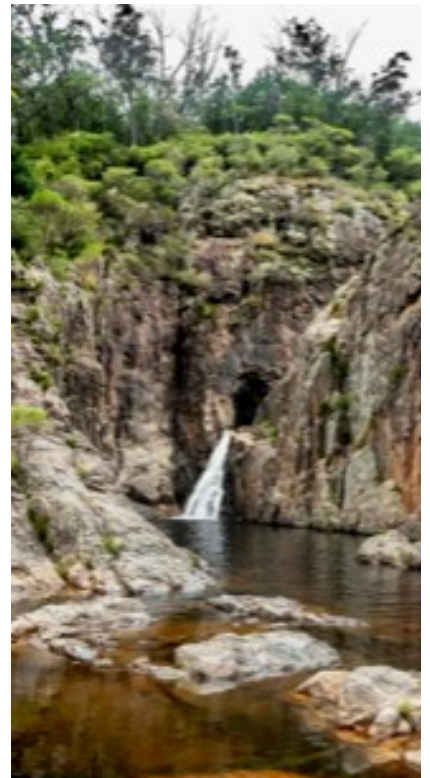
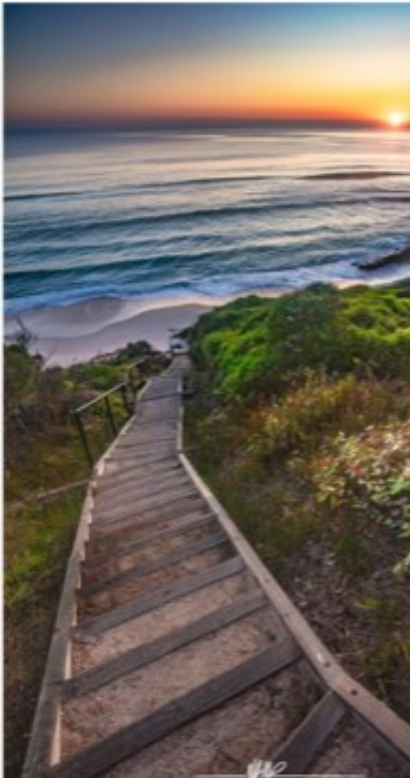
If you wish to see more of Marcus's work you can do so by visiting @marcuswardcurran on Instagram.

Are you interested in photography?

Bega Valley photography group, [The Sapphire Snappers](#), enjoy casual monthly gatherings where amateur photographers meet and take pictures.

Email for further details: SapphireSnappers@tutamail.com

The Far South Coast Birdwatchers group also meet regularly, take photos, and offer information about several birding routes around the Sapphire Coast. Visit their website: <http://www.fscb.org.au/>



COMPETITION

Speaking of Local Talent...

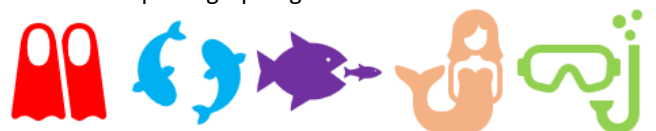
Our Compliance Administrator Annette is an underwater photographer. She has been scuba diving for over 30 years and loves to dive locally and in exotic places to find new things to photograph.

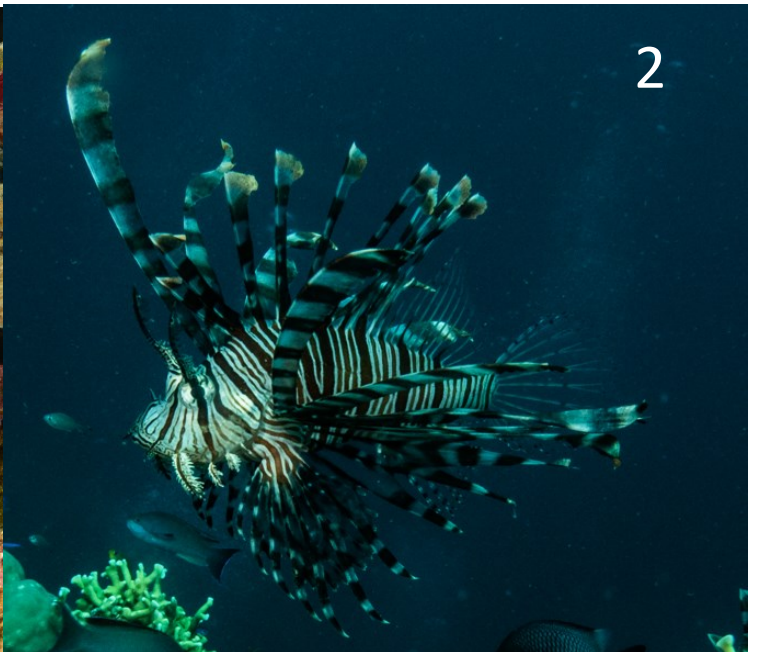
On the opposite page are some of her photographs. Can you identify the critters?

Send in your entries to annetteg@connectionsplus.com.au by Friday 3rd March to go into the draw to win a \$50 Woolies Voucher.



Annette photographing some anemone fish.





COMPETITION closes Friday 3rd March

Winner will be contacted Monday 6th March and announced in the next newsletter.

Helpful Phone Numbers

Anxiety Disorders Information Line:

1300 794 992

Australian Hearing: 13 44 32

Autism Spectrum Australia (Aspect)

1800 277 328

Beyond Blue National Depression

Initiative: 1300 224 636

Brain Injury Australia: 1800 272 461

Cancer Council Support Service: 13 11

20

Diabetes Australia: 1300 136 588

Domestic Violence Line: 1800 656 463

Disability Housing Information

Line: 1800 843 929

Grief Line: 1300 845 745

Lifeline: 13 11 14

Kids Helpline: 1800 551 800

Medicines Line: 1300 633 424

National Coronavirus (COVID-19)

Information Line: 1800 020 080

National Disability Abuse and Neglect

Hotline: 1800 880 052

National Disability Insurance

Agency: 1800 800 110

NDIS Quality and

Safeguards Commission: 1800 035 544

NSW Mental Health Line: 1800 011 511

NSW Police (non-emergency): 131 444

Poisons Information Centre: 13 11 26

Visions Australia: 1300 847 466



YOUR FEEDBACK IS IMPORTANT TO US.

Happy with our service, or not so happy, and would like to let us know?

You can contact the Service Manager on 0427 953 795 or, if you're not comfortable to contact the office, you can email our Board on chairperson@connectionsplus.com.au



Every Bunny Welcome

Hop Along and enjoy an Easter Dance or just Dine with Us

Calling all Jive Bunnies!

'Let's Rock n Roll'

Come and enjoy a dance or lunch together.

When: Tuesday 28th March

Music & Movement: 11am in the Tura Beach Country Club basement.

Lunch: 12pm – Bistro lunch prices begin at \$13.50

Dress Theme: Rock n Roll—Jive Bunnies

RSVP: 23/03/2023

Contact Louise @ Connections Plus

Ph: 6495 3797

