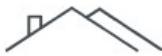


# The Drum

Term 3 September 2025

Edition 139



## Term 3 @The House



Yarram Neighbourhood House will be open  
**Tuesday - Friday 9.30am-3.30pm**  
**Closed Monday & school holidays**

Food Pantry will be available Thursdays only  
10am - 3pm

Yarram Neighbourhood House

292 Commercial Rd Yarram 3971 Ph 03 5182 6294

House is open Tuesday — Friday 9.30am—3.30pm

Centrelink Tuesday 10am—5pm &

Wednesday & Thursday 10am—2pm



# What's happened in August ...



Another amazing community lunch catered by the YNH crew of Cathy, Justine, Shelly and Ren. We enjoyed a meal of jacket potatoes with toppings of roast beef and pulled pork in gravy, coleslaw, cheese, bacon and sour cream. All of this followed by a delicious Sticky Date pudding with caramel sauce and ice-cream.



The Carer's group hosted another Aged Care information session held in the Hub meeting room and hosted by YDHS. Sixteen people attended to find out how the changes would affect them.



Homelessness Week was from 4th to 10th August and we had a great display of paper houses in the fitness zone.

The Yarram Carer's group had great fun with their marbled clay workshop and the mosaic workshop.





# Daffodil Day



Daffodil Day at The House was a beautiful spring day. We had 45 people turn up to support and raise funds for the Cancer Council with over 100 pre-ordered boxes delivered to local businesses for morning tea. We raised \$2100 for the Cancer Council.



# Yarram Women's Health night

**Saturday 6<sup>th</sup> September 2025**

**6pm onwards**

**at the Regent Theatre**

*Join us for a night of fun with your friends*

*Guest speakers on women's health and well being*



\$10pp book at

<https://www.trybooking.com/DEFJT>

more info call 5182 6294



Yarram Neighbourhood House



# In the Know

*Feel more confident speaking up, asking  
questions, and getting the care you deserve*

## FREE WOMEN'S HEALTH INFO-SESSIONS

### Yarram

11 September  
11:00 AM

### Woodside

11 September  
1:30 PM

### Port Albert

11 September  
5:00 PM

### Binginwarri

12 September  
10:30 AM

As the Women's Health Mobile Clinic visits your town, Gippsland Women's Health is hosting free sessions nearby to help you understand your health and feel confident navigating your care. Bring your questions, have a cuppa, and get *In the Know* about:

- ✓ Women's health across the lifespan and checks to reduce risk
- ✓ How heart disease affects women differently, ways to reduce risk, and signs to know
- ✓ The connection between mental and physical health
- ✓ Navigating pain and knowing how to advocate for yourself
- ✓ Resources and tools to help you access and manage your care

**Duration:** 90-minutes including time for questions/discussion.

**Refreshments:** Light morning or afternoon tea provided

**Available to:** All women and people with a cervix are welcome



SCAN THE  
QR CODE TO  
BOOK A SESSION  
NEAR YOU!

# Cooking with Ren

Would you like to gain confidence  
in your cooking.

Learn lots of hints and tips on  
making healthy meals on a budget.

**Thursday 11<sup>th</sup> September**

Taking expressions of interest for the next session  
If you would like to know more pop into the House,  
or call 5182 6294 to book in



**COMMUNITY  
LUNCH  
12 NOON**

**Wednesday 17<sup>th</sup> September**  
**All Welcome**



**Foodbank Open Thursdays 10am - 3pm**

Foodbank is open to anyone who needs it every Thursday during School Term. We are limiting people to 1 bag as we have seen a significant increase in need and rely on donations to keep our stocks going. We also have fresh produce available on the front seat when we get it.



# WHAT WE DO



## TERM 3 PROGRAM

Tuesday's  
8.30am Men's Shed  
7pm Patchwork

Wednesday's  
8.30am Men's Shed  
10am Craft & Conversation

Thursday's  
10am Art  
1pm Scrabble  
7pm Crochet

Friday's  
10am Patchwork

### Enquiries

292 Commercial Rd Yarram  
ph: 03 5182 6294



## FITNESS ZONE TERM 3

Mondays	9am Strength 10am Huff & Puff 11.15am Healthy Balance 5.15pm Strength	\$72 \$64
Tuesdays	5.30pm Body Circuit	\$72
Wednesday	6.15am Boxing 10am Fitness for Carers 5.15pm Body Sculpt	\$64
Thursday	9am Strength 10am Strength 5.15pm Strength	\$72 \$64
Friday	9am Chair Yoga/Pilates	\$56



# Yarram Neighbourhood House Annual General Meeting

Friday 3<sup>rd</sup> October

6pm

The Mezz

The Regent Theatre  
Yarram



# CONNECTING CARERS IN THEIR COMMUNITY



The 'Connecting Carers in their Community' grants program is supported by the Victorian Government.

## **Saturday 30<sup>th</sup> August**

Mamma Mia at GPAC at 1:30pm. Bus is included and will leave from the Yarram VLine stop at the back of the Neighbourhood House. The bus will be leaving at 12:15. There are still a couple of seats available near our booked seats if anyone else would like me to book them tickets to come along. But we will need to book ASAP.

## **Tuesday 2<sup>nd</sup> September**

Lunch at 11:30 and Movie at the Regent at 1PM. Details to be confirmed.

## **Wednesday 3<sup>rd</sup> September**

10am Fitness session at the Fitness Zone. No cuppa and chat today!

## **Tuesday 9<sup>th</sup> September OR Tuesday 16<sup>th</sup> September**

Belated Father's Day BBQ - Location and date TBC depending on weather!

## **Wednesday 10<sup>th</sup> September**

10am Fitness session at the Fitness Zone. No cuppa and chat today!

## **Wednesday 17<sup>th</sup> September**

10am Fitness session at the Fitness Zone. Cuppa and chat at 11am, also at the Fitness Zone.

## **Sunday 28<sup>th</sup> September**

Issi Dye at the Regent Theatre – ABBA Tribute concert. At this stage we only have 3 tickets left available.

## **School holidays – no fitness sessions**

**Please contact YNH on Ph. 5182 6294 or [yarramcarers@gmail.com](mailto:yarramcarers@gmail.com) with any queries, bookings, or ideas for events!**



**SUNDAY 12<sup>TH</sup> OCTOBER**

# **CARERS COUNTRY FAIR FOR UNPAID CARERS**

**LUNCH PROVIDED, GAMES  
AND ACTIVITIES  
LIVE MUSIC BY FIONA CURRAM**

Devon North Hall,  
599 Tarra Valley Road, Devon North  
11am - 3pm

**BOOKING REQUIRED  
SEE BELOW OR CONTACT YARRAM  
NEIGHBOURHOOD HOUSE PH. 5182 6294**



Yarram Carers Group

# GIPPY GIRLS CAN

## WHAT'S ON IN WELLINGTON

### GIPPY GIRLS CAN 2025

8 - 14 SEPTEMBER

A week filled with movement, adventure and new experiences!

Proudly supported by



### Warrigunya On Country House Art Workshop

Saturday 13 September

10am—2pm

133 Four Mile Creek Road, Darriman

For those with an interest in Aboriginal art this is an opportunity not to be missed!

Ray Young, Artist in Residence at Warrigunya On Country House, is a gifted Gunaikurnai artist. Ray is leading a one day workshop to share some of his painting techniques.

The day includes a delicious lunch, and all materials. By the end of the day you will have a piece of art to take home with you to remember a very special experience.

\$20 per person



## Women's Adventure Film Tour 2025

Women's Adventure Film Tour® returns for its 9th year, celebrating extraordinary women and their thrilling adventures. Get ready for an adrenaline-fueled showcase of courage and triumph that will ignite your spirit.

All \$10

Heyfield  
Memorial  
Hall

Monday 8 September  
6pm - 9pm  
Guest speakers Caroline Trevorrow &  
Pip Killeen  
Light supper provided  
24 Macfarlane St, Heyfield



The  
Wedge,  
Sale

Tuesday 9 September  
6.30pm - 8.30pm  
100 Foster Street, Sale



Yarram  
Regent  
Theatre

Thursday 11 September  
Film 6.30pm - 8.30pm  
Tickets available on the door  
210 Commercial Road, Yarram



## FIRST AID TRAINING

Victorian First Aid

Tuesday 16<sup>th</sup> September 2025  
CPR 9.30am - 11.00am  
Provide First Aid 9.30am - 2.00pm  
Provide First Aid in Education/Care 9.30am - 2.00pm

at Yarram Neighbourhood House  
Fitness Zone, 251 Commercial Road, Yarram

ph: 0488 405 605 email: info@victorianfirstaid.com.au  
www.victorianfirstaid.com.au

or YNH ph: 5182 6294

# 16 DAYS OF ACTIVISM

Against Gender-Based Violence



16 DAYS OF ACTIVISM  
25TH NOV - 10TH DEC

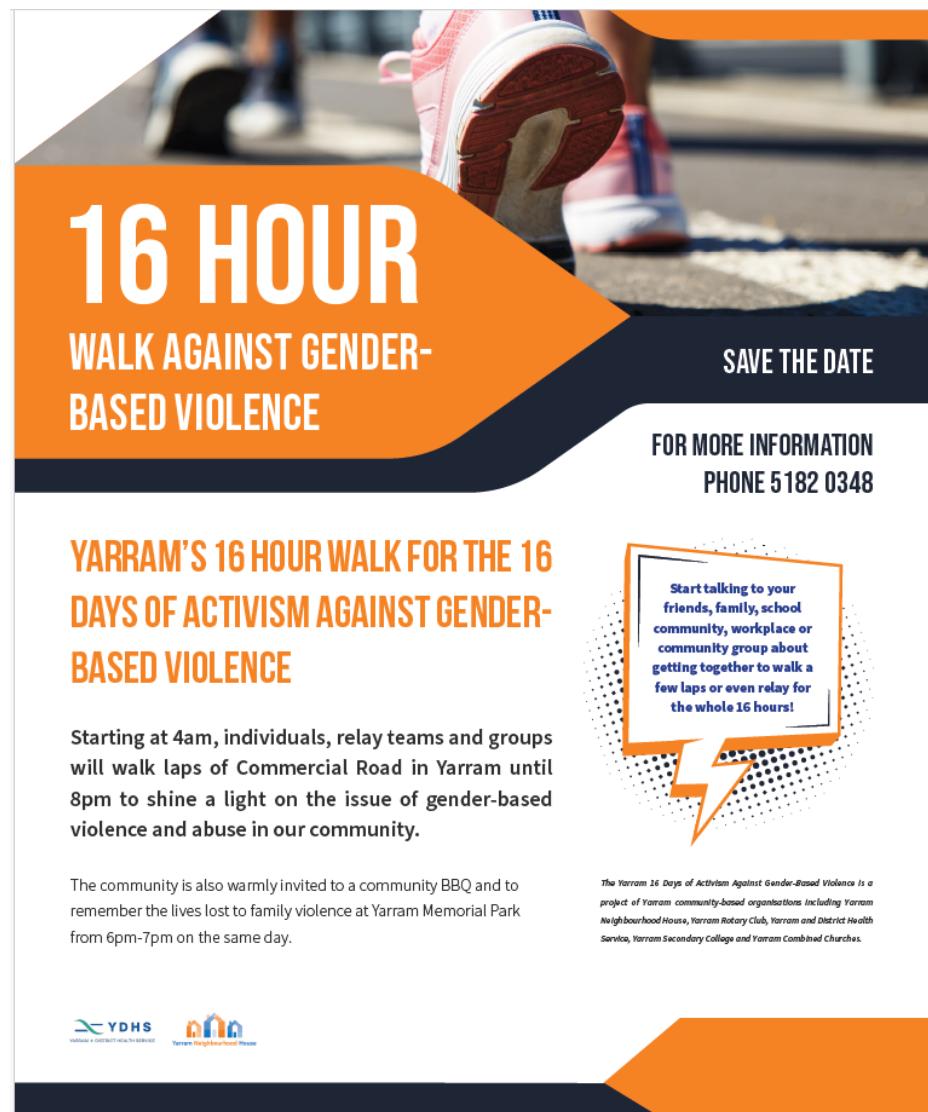
This year, we are doing a 16 hour walk to raise awareness for the 16 Days of Activism Campaign. We will begin walking at 4am on Tuesday 25th November and continuously have people walking for 16 hours through to 8pm.

If you or a group you are associated with would like to participate, please give us a call and book in for a slot. You can do 1 lap, walk for half an hour, or an hour, whatever you can do will help raise awareness. Get together your friends, people in an organization or sports group that you are a part of.

We ask that you wear something orange. Each group will meet at the front of Yarram Neighbourhood House to set off and we will walk a lap of Commercial Road up to Yarram and District Health Service and back.

There may even be a little treat for anyone who completes a lap!

We will finish the evening with a BBQ in Yarram Memorial Garden. Everyone is welcome to join us for the final lap leaving the park at 7.30pm.



**16 HOUR  
WALK AGAINST GENDER-  
BASED VIOLENCE**

**SAVE THE DATE**

**FOR MORE INFORMATION  
PHONE 5182 0348**

**YARRAM'S 16 HOUR WALK FOR THE 16  
DAYS OF ACTIVISM AGAINST GENDER-  
BASED VIOLENCE**

Starting at 4am, individuals, relay teams and groups will walk laps of Commercial Road in Yarram until 8pm to shine a light on the issue of gender-based violence and abuse in our community.

The community is also warmly invited to a community BBQ and to remember the lives lost to family violence at Yarram Memorial Park from 6pm-7pm on the same day.

The Yarram 16 Days of Activism Against Gender-Based Violence is a project of Yarram community-based organisations including Yarram Neighbourhood House, Yarram Rotary Club, Yarram and District Health Service, Yarram Secondary College and Yarram Combined Churches.

YDHS  
Yarram & District Health Service

Yarram Neighbourhood House

## RESPECT IS...

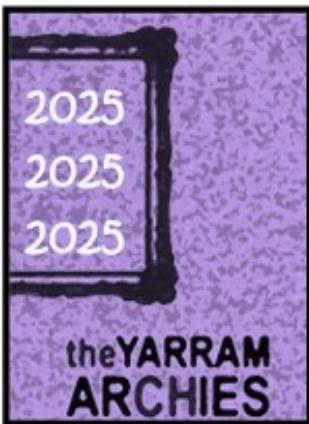
**treating everyone as an equal**

#respectis #callitout #16days

**RESPECT WOMEN** > **CALL IT OUT**



PORTRAIT  
COMPETITION



**21 AUG-16 SEPT, 2025**

*Opening Night 22 Aug, 5.-6.30pm*

**Sponsored by**

**YARRAM COURTHOUSE GALLERY  
COMMITTEE**

Any medium including  
photography, textiles, ceramics,  
etc.

Great Prizes to be won.

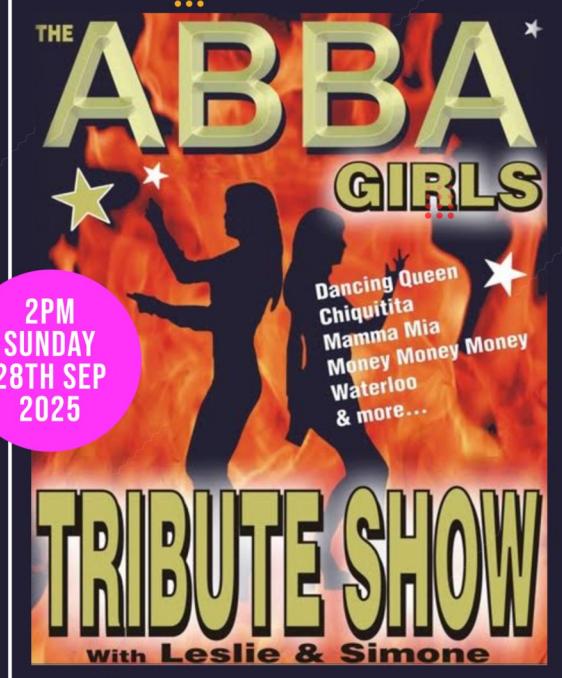
Your entry must be of a real  
person (not imaginary) - please  
be mindful of copyright laws.

Entry form & fee to be received  
by the committee by 8th August,  
2025.

Any enquiries to be directed to

Bettine Dijis 0408 695 452

Karen Rogers 0455 660 298



**2PM  
SUNDAY  
28TH SEP  
2025**

A fabulous Tribute show of all your  
favourite **ABBA** songs performed by  
**Leslie & Simone** with Host Issi Dye!  
Dress up in your favourite 70s attire  
and sing a long!



ALL TICKETS \$25 via [www.trybooking.com.au/DDXMA](http://www.trybooking.com.au/DDXMA) or at the door



Come and join our new craft group and enjoy  
Spinning, Weaving and Knitting with like minded  
people, meeting twice per month. Day session on  
the second Thursday and evening session on the  
fourth Thursday during school terms  
Suitable for beginners to advanced.  
Bring your wheel, loom or knitting project.

\$5 per session

5182 6294

292 Commercial Road, Yarram





**GIPPSLAND WOMEN'S HEALTH**

## The Women's Health Mobile Clinic is coming to Yarram

**HOW TO BOOK**  
If you'd like both a women's health appointment and a breast screen, make sure to book each one separately.

**Book a 45-minute Women's Health Appointment:**  
Scan the QR code, call 03 9675 0050 or visit [breastscreen.org.au/whmc](http://breastscreen.org.au/whmc) to book a free appointment with a women's health GP.

**Due for a breast screen?**  
Women aged 50 to 74 are eligible for a free 10-minute breast screen every 2 years. Scan the QR code or call 13 20 50 to book.

**Free and confidential appointments**  
with a women's health nurse, here to support you with any of the services listed below.

**When:** 15 September to 10 October 2025  
**Where:** Yarram & District Health Service just off Commercial Rd, Yarram, VIC 3971  
**Available to:** women of ALL ages, including teenagers  
**Duration:** 45-Minute appointments

**The nurse can support you with:**

- Cervical and bowel screening
- Contraception (IUDs & Implants)
- STI testing and treatment
- Pregnancy options
- Menopause and bladder health
- Pelvic pain and irregular bleeding
- Any other women's health concerns

**YARRAM YARRAM LANDCARE NETWORK**

### Celebrating 30 years of Landcaring!

**Nursery Open Day**  
**BBQ, Mega Plant Sale**

**10AM - 12NOON**  
**SATURDAY,**  
**6 SEPTEMBER 2025**

**MIXED NATIVE SPECIES**  
\$1.10 per plant

**PERFECT FOR SHELTER BELTS**

YYLN COMMUNITY NURSERY  
YARRAM RECREATIONAL RESERVE, YARRAM!

MORE INFORMATION AT [WWW.YARRAMLANDCARE.ORG](http://WWW.YARRAMLANDCARE.ORG)  
OR CONTACT OUR YYLN FACILITATOR, ANNA FEELY  
M. 0417 536 873 / E. [YYLN.FACILITATOR@OUTLOOK.COM](mailto:YYLN.FACILITATOR@OUTLOOK.COM)

# Seniors Community Expo

**FREE bus available**

Please contact YNH 5182 6294 for bookings

**MONDAY 6 OCTOBER** 

**10am - 2pm** 

**Gippsland Regional Sports Complex** 

**Community Groups** 

**FREE Entry**

**Sporting Clubs** 

**Financial Services**

**Free Health Checks**

**Support Services**



# What's happening in our Libraries ...



# Story Time

Aimed at Toddlers aged 3-5 years this is a 45-minute session held during school term that includes stories, songs and activities aimed at pre-school literacy and social skills development.

**Stratford Library**  
Wednesday at 9.30am

**Heyfield Library**  
Wednesday at 10.30am

**Sale Library**  
Wednesday & Thursday at 10.30am

**Maffra Library**  
Thursday at 11am

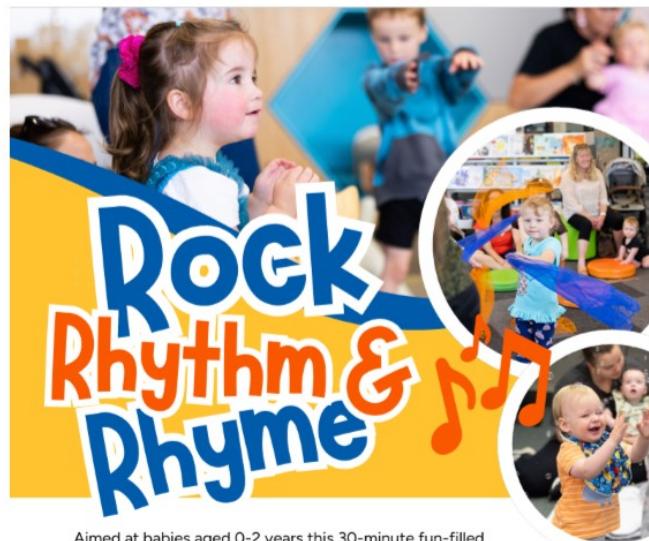
**Yarram Library**  
Thursday at 11am

**Rosedale Library**  
Friday at 10.30am



Libraries  
Change Lives

Bookings are not essential, but can be made via TryBooking for this event.  
For further information call us on 5142 3146 or email library@wellington.vic.gov.au



# Rock Rhythm & Rhyme

Aimed at babies aged 0-2 years this 30-minute fun-filled program held during school term includes nursery rhymes, actions, songs, music and simple stories designed to entertain and help develop literacy skills for babies and toddlers.

**Maffra Library**  
Monday at 9.30am

**Rosedale Library**  
Tuesday at 11am

**Sale Library**  
Friday at 9.30am and 10.30am

**Stratford Library**  
Friday at 9.30am

**Yarram Library**  
Friday at 10.30am



Libraries  
Change Lives

Bookings are not essential, but can be made via TryBooking for this event.  
For further information call us on 5142 3146 or email library@wellington.vic.gov.au



# BRICK BUDDIES

**BUILD, CREATE, CONNECT**



Monday | Yarram Library

Tuesday | Rosedale Library

Wednesday | Sale Library

Wednesday | Heyfield Library

Thursday | Maffra Library

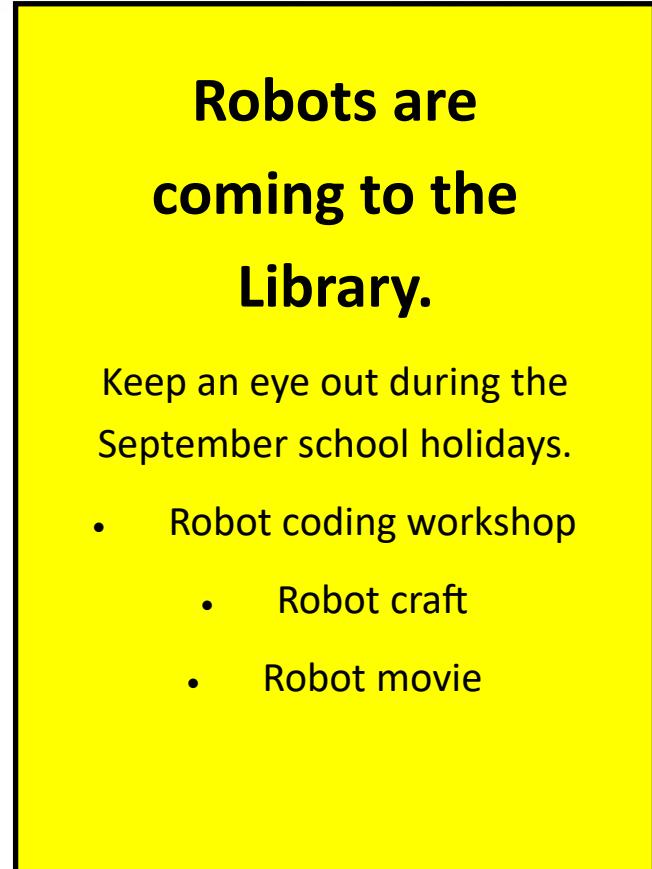
Friday | Stratford Library

**Weekly**  
During School Terms

**3.30 - 4.30pm**



5142 3146  wellingtonlibraries



## Robots are coming to the Library.

Keep an eye out during the September school holidays.

- Robot coding workshop
- Robot craft
- Robot movie



## Fitness Zone

Our Fitness Zone is a friendly, relaxed environment to have some fun while getting some exercise. Our instructors are approachable, knowledgeable and accommodating. We have a range of classes for you including Cardio, Strength, Boxfit, Body Circuit, Healthy Balance and Chair Yoga. We are sure to have a class that suits your needs



Are you looking for something to do on a Tuesday or Wednesday? Do you like working with wood? Would you like to meet new people and give a little back to our community?

Joining the Yarram Mens Shed offers all that and more. Come along and give it a go.



**Tuesdays & Wednesday 8.30am-3.30pm**



Y N H

292 Commercial Rd Yarram 3971

03 5182 6294

[manager@yarramhouse.org.au](mailto:manager@yarramhouse.org.au)

Tuesday—Friday 9.30am-3.30pm



**Services Australia**

Centrelink Agent

Tuesday

10am—5pm

Wednesday & Thursday

10am—2pm

### Community Meals

### & Foodbank

### Available Thursdays



We have a range of frozen meals for \$2 available for those in need. We also have a range of pantry products in the Foodbank pantry. Call in to the house when you need something.

# Community Groups in Yarram & District

## Community Craft Group

Secretary Sarah Gregory  
0429 173 667  
1st Thursday of Month  
Yarram Sec College 7pm start

## Bowls Yarram

Learn or perfect your Lawn Bowling skills. Weekly Barefoot bowls on Sunday from 3.00pm. All ages welcome. Yarram Country Club  
Wendy Helms Ph: 0407 966 988

## Euchre Club

Enthusiastic card playing group who meet weekly at 12.45pm most Mondays. Beginners welcome. Meet at the Country Club.

Pat Kiely Ph: 0419 045 637

## Friends of Tarra Bulga NP Inc

David Akers 0488 035 314  
friendoftarrabulga@gmail.com  
Volunteers help to run the visitors centre. Calendar from [www.friendoftarrabulga.org.au](http://www.friendoftarrabulga.org.au)

## Focus on Gardening

Judy McLachlan Ph 0437 771 645  
Meets at 10am on the 1st Friday of the month at various local gardens

## Good Times Motoring Club of Yarram Inc

Meets last Sunday of every month at The Yarram Hub 156 Grant St  
PO Box 113 Yarram 3971  
goodtimescarclub@outlook.com

## Men's Monthly Breakfast

Tom Reakes 5185 1413  
4th Saturday of each month at 8am Feb-Nov at Regent Theatre Supper Rooms, Grant St (Back of Regent Theatre)  
reakes@skymesh.com.au

## Mirridong Services Inc

Doreen Milne 5182 5750  
Hours: 8.30am-4pm Mon-Fri  
info@mirridong.com.au

## Nightingale Park Society

Gary Stephens 0419 953 004  
Michelle Graham 0418 297 830  
Meets Bi-monthly 6pm on the 3rd Wednesday at Anglican Church Hall

## Port Albert Fishing Club

Ian (Blackie) Blackmore 0429998799 Monthly competitions and social gatherings. Affordable family or individual membership  
portalbertfishingclub@gmail.com

## Port Albert Yacht Club

Ian Nicol 0428 825 020  
info@portalbertyachtclub.com.au  
Sailing most Sunday October-May Port Albert Yacht Club, Bay St

## The Probus Club of Yarram

Carol Elmer (Secretary)  
Meets last Wed of each month at 10.15am at The backroom, Yarram Country Club

## Prom Produce & Craft Market

Glenda 0438 044 346  
More than 200 stalls Home produce, Arts & Crafts, Plants, Food Stalls. Entry \$2/person  
See ad for 2021 Dates

## The Rotary Club of Yarram

Diane Hennig 5182 5625  
Meets at 6pm every Wed night Yarram Shire Hub  
rotaryyarram@gmail.com

## Tarra Festival Committee

tarrafestival@gmail.com

## Woodside FNC

Ashley Walpole 0401 379 599  
Meeting 1st Tuesday of the month  
Juniors & Senior Football & Netball teams

## Yarram Apex Club

Daniel Leadoux 0427 891 319  
Meets 2nd & 4th Tuesday of each month

## Yarram Agricultural Society Inc

Michelle Boddy 0402 252 157  
yarram.agshow@gmail.com  
Meets at 7pm 2nd Monday of each month at The Bland Pavilion

## Yarram & District Historical Society

Historical Rooms, 1 Gipps St Yarram  
PO Box 213 Yarram 3971  
Secretary : research.ydhs@gmail.com  
0438 313 618  
Open Wed 11am-3pm or by appointment

## Yarram Branch—Country Women's Association of Victoria Inc

Catharina Versteeg 0459 494 566  
Meets - General meeting - 2nd Friday in each month

Craft Group - 1st Tuesday in each month  
At Neighbourhood House

## Yarram Courthouse Gallery Inc

Bettine Dijis 0408 695 452  
Membership: Electronic \$10pa,  
Postal \$20pa. Open daily 10am-3pm  
[www.yarramcourthousegallery.com](http://www.yarramcourthousegallery.com)

## Yarram Lions Club

Lions Secretary 0427 825 794  
lionsyarram@gmail.com

Meets 2nd & 4th Monday of each month  
at The Lions Den, 16 Railway Ave, Yarram

## Yarram Men's Shed

Peter 5182 5218  
yclcworkshop@dcsi.net.au  
Open every Tuesday & Wednesday during school terms 8.30am-3pm  
All Men Welcome 22 Bland St Yarram

## Yarram RSL

Sec 0455 660 298  
Dinner Club meeting - 3rd Monday 6pm  
Contact Sec for venue

## Yarram Scouts

Gl.1styarram@scoutsvictoria.com.au  
Cubs (7-11yo) Thurs 5.30-7pm  
Scouts (11-15yo) Tues 5.30-7.30pm

## Yarram Senior Citizens Inc

Louise Hopkins 0408 168 323  
Meet every 2nd Wednesday of the month  
Open Mon, Wed & Thurs 1-3pm

## Yarram U3A

Marj Brosche 5183 2481  
marjoriebrosche@bigpond.com  
Meet 1st Monday of the month 11am at the Country Club

## Yarram Yarram Landcare Network

Anna Feely 0417 536 873  
yyln@wgcma.vic.gov.au

## Yarram Genealogy Group Inc

Esme Rash 0428 614 742  
Joy 0428 826 025  
Dawn 0438 825 737  
Open every Friday 12-3pm  
24 Yarram St, Yarram