

# Winchelsea Star

Price \$1



Your Weekly Community Newspaper

Since 1977

Vol 46 Ed 11

Tuesday 28 March 2023

[winchelseastar.org.au](http://winchelseastar.org.au)

## Local Legend Michael Judd

### helping men survive and thrive

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## Winchelsea Community House and Shire Hall

Hours: Monday – Friday, 9.00am - 2.00pm

Address: 28 Hesse Street, Winchelsea

Phone: 5267 2028

[www.winchhouse.org.au](http://www.winchhouse.org.au)

Email: [reception@winchhouse.org.au](mailto:reception@winchhouse.org.au)

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### Music Program

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Thursday mornings 10am to 10.30am  
Winchelsea Shire Hall Space

### Singing Group

Wednesday afternoons 4.45pm-5.45pm  
Winchelsea Shire Hall Space

### WYLD Youth Group

Fridays 6pm to 8.30pm  
Food provided  
Meet at the Skate Park

### Crochet Group

Alternate Saturday afternoons 1.30pm  
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### First Aid & CPR Refresher Course

Winchelsea Shire Hall Space

### Sound Healing Sessions

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HOURS // Monday - Friday: 8am - 5pm



# 2023 Surf Coast Arts Trail - Registrations Open

Being part of the Surf Coast Arts Trail can be a stepping stone for local artists, just ask Jude Morgan.

The Torquay oil painter made her Arts Trail debut in 2016, thanks to encouragement from local sculptor Cinnamon Stephens.

“I thank Cinnamon for it, and I similarly would like to encourage anyone who is considering applying to do it,” Ms Morgan said. “It is a great experience and can open doors to other events and exhibitions. You don’t have to have your own studio as there are community spaces available to share with other artists, and I can assure you that on my first Arts Trail I felt really welcome as a newcomer.”

Artist registrations are open for the 2023 Surf Coast Arts Trail, which will be held 5 and 6 August. The trail welcomes all artists, from hobbyists to professionals, and all mediums: painting, sculpture, glassware, jewellery, ceramics, textiles and so much more.

The diversity of artists is evident through last year’s trail which welcomed 11



community groups including SPARK in Deans Marsh, basket makers, fibre artists and sculptors The Weaverbirds, and a U3A SurfCoast exhibition. Eight galleries also opened their doors, from In The Skies Art and Music in Lorne, to Surf Coast Gallery in Torquay and Salt and Pepper Gallery in Bellbrae.

Forty private studios featured established artists such as Natalie Martin, Ian Westwood, Pat McKenzie, and Ms Stephens.

Councillor Rose Hodge said the Council-run Surf Coast Arts Trail was an ideal opportunity for local artists to display their work and to open their studios and venues.

“Local and international trailgoers will have an opportunity to see first-hand why the Surf Coast is one of regional Australia’s top creative hotspots,” Cr Hodge said. “We hope that momentum will build from last year’s trail, which sprang back to life post-pandemic with more than 200 artists across 60 venues.”

Artist registrations for the 2023 Surf Coast Arts Trail are open until Wednesday 26 April. Artists can register for the event via [surfcoast.vic.gov.au/SurfCoastArtsTrail](http://surfcoast.vic.gov.au/SurfCoastArtsTrail). The website has key information about the event, including registration fees.

Participating artists will receive a welcome pack, invitation to join the 2023 Surf Coast Arts Trail Facebook group, directional signage, and promotional material. They will also have an opportunity to feature in the Arts Trail Taster Show - a month long exhibition in July.

As an artist who exhibits on the trail at Surf Coast Community Arts Facility in Bellbrae, Ms Morgan showcases pieces that are often inspired by Surf Coast scenery.

“I am drawn to painting beach scenes especially waves, as well as European street scenes,” she said. “I try to capture the subject that I am painting realistically and then enhance the scene by accentuating the colours I see.”

WOULD YOU LIKE TO RECOGNISE INTERNATIONAL DAY AGAINST LGBTQIA+ DISCRIMINATION?

Council is providing quick turnaround grants of up to \$1,000 to support community events and initiatives that increase awareness of this important day.

Grant applications open 20 March and close 30 April, for activities to run between 17 May and 17 June.

COMMUNITY MEMBERS ARE INVITED TO CELEBRATE IDAHOBIT WITH A FLAG-RAISING CEREMONY AND FREE MORNING TEA AT COUNCIL OFFICE (1 MERRIJIG DRIVE, TORQUAY) ON 17 MAY AT 10AM.

Bookings essential via [surfcoast.vic.gov.au/IDAHOBIT](http://surfcoast.vic.gov.au/IDAHOBIT), where you can also apply for a grant.



## WINCHELSEA R.S.L



Winchelsea R.S.L invites you to attend R.S.L clubrooms First Sunday of each Month 1pm - 3pm To view the extensive records of local service men and women. Items of intrest.

R.S.L clubrooms are located in 1914 - 1918 Memorial Grandstand At Winchelsea Football Club Main Entrance



# GRANTS NOW OPEN



All three streams open on March 1 – close March 31

**Community Initiative Grants**  
up to \$5,000

**Natural Environment Grants**  
up to \$5,000

**Business Collaboration Grants**  
of \$2,000

To find out more: [surfcoast.vic.gov.au/Community/Grants](http://surfcoast.vic.gov.au/Community/Grants) or scan the QR code or call our grants team on 5261 0600 to discuss your idea and ask any questions.



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# Winchelsea Primary School

## Senior Learning Community Urban Camp Melbourne

On the morning of Monday 20th of March the grade 5/6 students from Winchelsea PS headed off by bus for their annual camp.

2023 saw us head up the highway to Urban Camp Melbourne which is located in Royal Park, near the Melbourne Zoo.

After arriving mid-morning, we took our first tram ride into the CBD to visit Sea Life Melbourne Aquarium where the penguins were a huge hit.

Next stop was the Eureka Sky Deck. Many students faced their fears of heights by having a go at 'The Edge' experience. Others enjoyed purchasing food and drinks at the café and using the Virtual Reality headsets.

By late afternoon it was time to return to camp for dinner before a long tram ride out to Essendon Fields to visit Bounce to get rid of some energy before bed.

Day two was jam packed with activities. We left camp at half past eight and headed to the Queen Victoria Market. The students loved browsing the market stalls and they also enjoyed visits to McDonalds and 7/11.

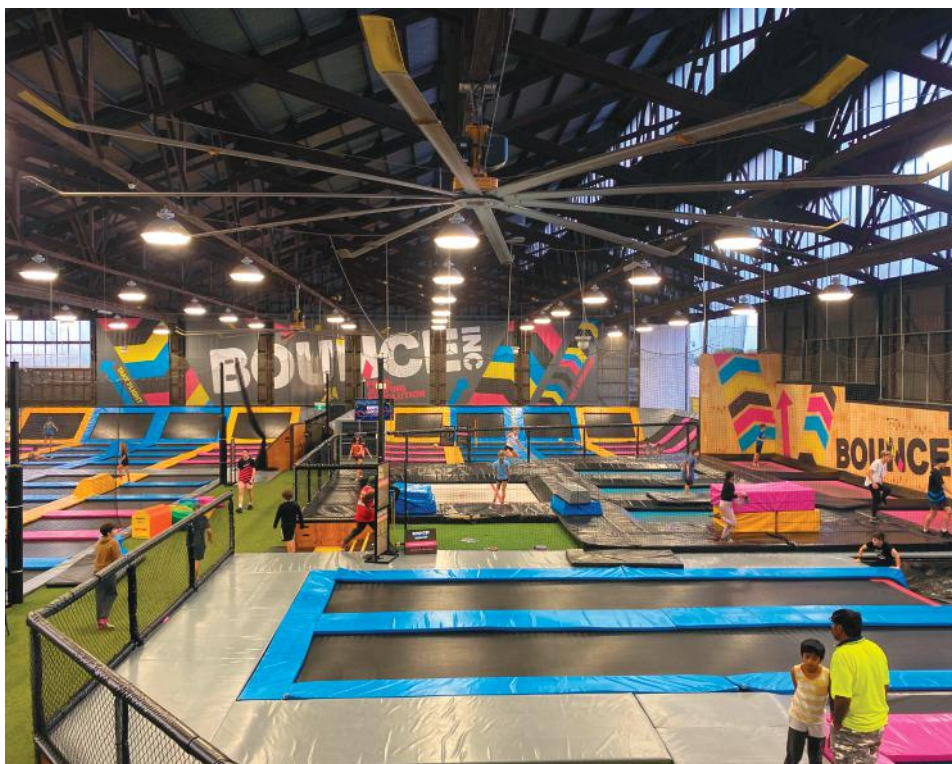
After morning tea, it was time to cross the Yarra River and visit the Shrine of Remembrance. We were treated to an hour-long volunteer led tour of the Shrine and surrounding gardens which allowed our students and teachers to gain a greater insight into the history behind the site.

By this time of the day there were a few sore legs as we marched onwards to the MCG. Two Melbourne Cricket Club members took us into the inner sanctum into places such as the change rooms, press conference room and onto the hallowed turf.

Our visit the MCG finished with some time in the Australian Sports Museum, which was a highlight for all.

Dinner followed at an Italian restaurant on Lygon Street, before we headed to Kingpin Bowling at Crown.

Our massive day ended with a tram ride back to camp for a much-needed sleep.



Wednesday was our third and final day at camp. Bright sunshine greeted us as we set off on foot to the Melbourne Zoo. Students had the opportunity to enjoy self-guided tours using maps to decide what animals they wished to visit and

what time. The baby elephant, lions and butterfly enclosure proved popular. After a quick lunch at the zoo we boarded the bus and arrived back at school after an extremely successful and enjoyable camp for all.



# Winchelsea Star

Articles are most welcome and must carry the name and address of the sender.

**Weekly deadline is 5pm Friday.**

Copy for sports results and weekend events is Sunday 6pm (4pm for hard-copy articles/results left at IGA) unless by prior arrangement.

Copy should be emailed to [news@winchelseastar.org.au](mailto:news@winchelseastar.org.au) or left at IGA Supermarket.

The Winchelsea Star reserves the right to edit or not publish any article.

Views expressed are not necessarily those of the Winchelsea Star or its Committee.

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# Local Legend Michael Judd helping men survive and thrive

Michael Judd is living out his purpose shining forward his late daughter Estella's vivid light and love.

Caring old soul Estella was only 8 when she was taken by brain cancer.

In her final hours her Dad promised her he would do something great to help others in repayment for the love and support his family had received, and three years on the product of his pledge may well be saving lives.

Michael became the founder of Surf Coast men's group DIIGG Wellbeing – Doing Imperfect Inner Growth in Groups.

With over 110 local members it is bringing normal blokes from all walks together to talk, connect, reflect, learn and support each other.

The concept evolved in the months following Estella's passing, as Michael shared his story with others. "Catching up, connecting and sharing my story with mates not only helped me, it also helped my mates share their story and with their encouragement I started a men's group," Michael said.

"There is always going to be pain losing a child or a loved one but it's what you do with those lessons and how you respond to life's questions, as life is a gift and the silver lining can be found by

paying it forward and helping other people through their obstacles.

"Estella was a light in our lives, and everyone can shine their light in someone else's life. That's basically the purpose behind it all, and it is putting more meaning to her life."

Michael's altruistic mission has qualified him as Surf Coast Shire's latest Local Legend, recognising his positive impact helping men to survive and thrive.

DIIGG Wellbeing provides connection and storytelling for men through a simple format – with monthly Sunday evening sessions at different venues across the Surf Coast featuring a guest speaker and a co-created supportive space for attendees to share life experiences, lessons learnt with fun along the way. They also connect via a WhatsApp group.

"It's basically creating a supportive space, so guys can feel safe to share their stories," Michael said. "It's not church, it's not AA, it's not fight club, it's blokes from all backgrounds blue collar to white collar getting together.

"Not all blokes have got life-changing experiences to share but it's a great chance for storytelling, and some of the benefits we've had out of it ... we've had guys who have changed their lives.

"Life is asking us all questions, every minute, every hour of the day, and we've got to respond and take action. That's what we're doing, and you don't have to do it alone."

The group is open to men aged 18 and older, with attendees generally aged from mid-20s to mid-50s and the oldest clocking in at 80. Twenty-five to 55 attend each meeting, paying \$20 each to cover food, non-alcoholic drinks and venue costs.

Guest speakers have covered topics including financial, physical, mental, social, occupational, spiritual, cultural, occupational, intellectual and environmental health.

Michael is husband of Trish, father of three and works as a Permit Authority planning and managing high risk work.

His and the leadership group's major aims for DIIGG Wellbeing in 2023 are to connect, mentor and coach younger men, and for the group to attain registration as a not-for-profit organisation.

"We are working on obtaining not-for-profit status at the moment and actively seeking pro bono assistance but are really finding it hard to engage a law firm," he says.

"We are operating off community love but it's not enough to make a massive difference, and everyone knows where men's wellbeing is at in the present moment".

"I don't accept the suicide, anxiety, depression rate. I don't accept the family violence, I don't accept the drug and alcohol abuse and people wasting their lives away, I don't accept the crime rate and number of men in jail.

"There are so many things to improve but it can't be done by only a few people."

Not-for-profit charity status will enable the group to receive sponsorship to help cover operating costs, including entry fees to ensure sessions are available to all men, and to expand into other communities.

People can connect with DIIGG Wellbeing via [diigg\\_wellbeing](#) on Instagram or email [info@diiggwellbeing.com.au](mailto:info@diiggwellbeing.com.au)

*Come Along & Join us*  
**WINCHELSEA PLAYGROUP**  
 Thursday 6th April  
 10AM - 12PM  
 \$5 per family  
 St. Thomas's Hall,  
 cnr Barwon Tce & Hopkins St

\* Bring along some autumn leaves & natural things for our craft activities 😊

## Free Community Service Advertisements

# Services and Activities in Winchelsea



### TRAIN SERVICES

#### To Geelong

Mon - Fri

6:41 am, 7:59am, 11:34am,  
2:01pm, 7:37pm

Sat and Sun

9:35am, 1:36pm, 7:18pm

#### To Warrnambool:

Mon - Fri

9:29am, 2:56pm, (to Colac  
5:27pm), 6:45pm, 8:53pm

Sat and Sun

8:47am, 2:49pm, 8:37pm

## Country Women's Association



7pm Second Wednesday of Month  
Winchelsea Senior Citizens' Hall

## Bus to the Hub

For reservations on the weekly bus  
to the Eastern Reserve Hub,  
please phone 52671202.

## Surf Coast Mobile Library

Surf Coast Mobile Library  
parked in Hesse Street  
(outside Shire Hall) on Fridays  
between 2:00 and 5:00pm  
unless it is a Public Holiday.  
**Hesse St, Fridays, 2pm-5pm**

## Winchelsea Taxi

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## Winchelsea SES

Meeting and training  
2nd Wednesday

Training 4th Wednesday

Visitors and inquiries welcome

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## Winchelsea and District Combined Probus Club



Meets 1st Monday of the  
month at 10am. Senior  
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Enquiries Linda 0439 817 263.

## Body Therapy Classes

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## Winchelsea Playgroup

Every second Thursday 10am-12pm  
St Thomas Anglican Church Hall  
cnr Barwon Tce and Hopkins St, Winchelsea  
Contact: Melissa 0456181268  
Facebook - Winchelsea Playgroup 2019  
**New families welcome**

## Winchelsea Girl Guides

Our Unit meets at the Catholic Church  
Hall, Harding St Winchelsea  
each Monday 4.30pm-6pm  
All girls 5yrs- 15yrs Welcome!  
Contact Yvonne Orchard 0448 672 630  
or Bonnie Stokes 0401 386 274

## 1st Modewarre and Winchelsea Scout Group

**Joey's:** Tuesdays of school term 5-6pm  
**Cubs:** Mondays of school term 6:30-8pm  
**Scouts:** Tuesdays of school term  
6:30-8:30pm  
All at Modewarre Hall, Cape Otway Rd  
**Venturers:** Wed at Walton's Rd Venturer Den  
Contact Marie McPadden 0409 330147

## Winchelsea Transfer Station

### Opening Hours

Monday	Closed
Tuesday	2pm-4pm
Wednesday	Closed
Thursday	2pm - 4pm
Friday	Closed
Saturday	1.30pm - 3.30pm
Sunday	9.30am - 12.30pm

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# What's happening in Winchelsea

## Winchelsea Land and Rivercare

### Working bees are back for 2023

First Saturday of the month. 9am – 10.30

April 1, May 6.

Meet at Guye Reserve, Barwon Terrace

This month will be spreading mulch and weeding again.



## Learn to Knit with Beth

Beth is a volunteer at the Winchelsea Community House.

She is there every Thursday morning and is keen to help others learn the skill of knitting.

Come along between 10am - 12 noon and you will learn how to turn a ball of wool into a garment you can wear.

Or make something for someone else.

All are welcome.

## Diamond Day

Saturday 1st April - 11.30 till 4 - \$5 entry

Senior Citizens Winchelsea

We are having hot cross buns for Easter and a pj day

So come along in your pjs for a bit of fun

Dont be shy, See you there

## Wanted To Rent

3 bedroom house, must have good sheds. To \$350 pw. Text 0400 164 340. David.

## Winchelsea Hospital Auxiliary Op Shop

Current sale Shoes half price last week of sale.

Forthcoming sale \$1 selected items of clothing for \$1 per item.

### DONATIONS

No donations from Tuesday 28th March until advised.

Thank you.

## Its a fact -

### Singing is good for you!

You are welcome to join in the singing group each Wednesday from 4.45pm until 6.00pm.

"Communal singing fosters wellbeing, builds social bonds - and feels awesome. What's not to love? (Julia Hollander - Why We Sing).

When you sing in a group, whether it's a large choir or a smaller group, the act of collective singing causes your body to release endorphins.

This hormone can help promote positive feelings, and even change your perception of pain.

We are a group of locals who bring our voice (of all shapes and sizes) to the beautiful Shire Hall each week to work with Kai, our leader, to make glorious sounds.

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**Winchelsea Community Market**

Shire Hall  
9am - 1pm



**MARKET dates for 2023**

1 <sup>st</sup> January	2 <sup>nd</sup> July
5 <sup>th</sup> February	6 <sup>th</sup> August
5 <sup>th</sup> March	3 <sup>rd</sup> September
2 <sup>nd</sup> April	8 <sup>th</sup> October
7 <sup>th</sup> May	5 <sup>th</sup> November
4 <sup>th</sup> June	3 <sup>rd</sup> December

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# Winchelsea Playgroup goes to the Beach!

**Melissa (Mel) Oberin**

On Thursday 23rd March, Playgroup went to the Beach in the comfort of our room.... While it was only 14.C outside, we had a beach umbrella up and were dressed in bright clothing and beachwear! Our playgroup room was set up with beach decorations and beach-related games, activities and fun.

We enjoyed digging in the sand with little rakes, spades and sea creature beach-moulds. There was also splashy water-play and yellow ("sand") & blue ("water") play dough made by one of our wonderful mums especially for the day. We had a special reading spot with a beach umbrella, stripey beach mats, fold out chairs and beach-themed books to sit back and enjoy.

Even our fruit morning tea was extra tasty on special mermaid paper plates. There were beach craft and activities too - we coloured beach-themed colouring sheets and made wiggly, giggly jellyfish



and had them 'swimming' as we ran around making their streamer tentacles swish behind them.

And just like any day at the beach - I'm sure there was some serious snoozing

after our Beach playgroup.

For our next session, on Thursday 6th April it's all about "EASTER". We'd love to see you there.



## Winchelsea Historical Society

Winchelsea Street Names  
**Wells Street**

Percy Warner Wells killed in action in World War 1.



## WINCHELSEA LIONS CLUB

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## Winchelsea Men's Shed



For The Community

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For more detail contact:  
Ray Atkinson (Co-ordinator)  
0407 839 139

or  
winchmensed@gmail.com

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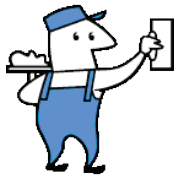
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# Blues News

Janet Fletcher

Winchelsea Under 10s



## WELCOME TO BLUE'S NEWS

Last Friday evening saw a practice match between Winchelsea Blues and the visiting Bannockburn Tigers in a last hit out before the real thing kicks off at Eastern Reserve Saturday the 1st of April. There was a huge crowd turn out for a practice match and thanks to all those who came to have a look and support the Club's basic BBQ on the night. The crowd wasn't disappointed as in both the Reserves and the Senior games there was a high standard of play and narrow wins to both Winchelsea Blues teams.

Saturday will see the W.F.N.C. host Belmont Lions in the opening round of the G.D.F.N.L.

This will be a twilight game, the canteen and the Bar will be open, with the possibility of some help from our friends the Winchelsea Lions Club operating their famous "Chuck Wagon"

The Club is looking forward to seeing a big crowd both at the Netball Courts and watching the Seniors and Reserves out on the footy field. The Reserves start their 2023 season at 3.30pm and the Seniors at 5.30pm.

## JUNIOR FOOTBALL

Last Thursday saw a very welcome sight on the W.F.N.C. oval with the training group of the Club's Under 10 side. Numbers up until last Thursday had been disappointing but last weeks numbers indicate there will be Auskick

group and at least one Junior side playing again for the Blues.

Past player and dour back man for the Club Byron Mathison (Boz) and now parent is assisting current Senior player Lachie Kendall in getting the Junior ranks re established for the Winchelsea Blues. The numbers look good for at least 1 team and now parental support is vital. A Junior development plan has been very well sponsored by Life Member Phillip Wilson of Oxley Garages.

The Wilson family have a great tradition with the Winchelsea Football & Netball Club, Life Member Trevor is the current record holder for the number of games played by any Winchelsea Blue player, with the great possibility that record will never be broken. Lynda is a major part of the Club's catering team and has been for a long time. Lynda is the Mrs. Wilson of the "Famous Mrs. Wilson's Meatloaf" that is enjoyed so much by many at our Blue's Bistro nights.

Hayden is currently Captain of the Reserves side for 2023.

The generous ongoing donation to sponsor Junior Football by Phillip has assured the monetary side of the Junior re build is there. This includes FREE MEMBERSHIP or our young Blues. This needs to be matched by parents support, and thanks to those who have persevered and continue the push to have Winchelsea's youngsters running out in the Navy Blue.

Senior players like Vice Captain Michael Bourdouvalis who has played all his Junior football at the W.F.N.C. also is keen to repay what others have done before him.

Training will again take place at Eastern Reserve at 5pm. Come down and have a look, have a go and stay for the Blue's Bistro - \$5.00 nuggets, chips & gravy from 6pm.

Junior sport in general is driven by parental support and that is what needs to be achieved with the rebuild of Junior Football sides in Winchelsea. Junior Netball is currently going from strength to strength and working well because of great support and innovation by Junior Netball parents.

Shae Callahan was pivotal in creating interest in the Summer Netball competition in Geelong, and solely with parental support achieved 3 teams Under 11's Under 13's and Under 15's. The Under 13's played Finals, and the Under 15's not only played Finals but won the Grand Final against South Barwon, with heaps of Navy Blue in the large crowd of spectators.

## THE BLUE'S BISTRO

The Blue's Bistro is back this week with Mrs. Wilson's Famous Meatloaf, Chicken Cabonara, and Flathead Tails. All main meals served with salad or vegetables. The new prices will start this week. Social Memberships will be available.

**GO BLUES!!**



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# Winchelsea Churches



## Winchelsea Uniting Church

Hesse St, Winchelsea 3241  
uca.winchelsea@gmail.com  
0475 777 301  
Services 9.30am Sundays

## St John's Catholic Church

Harding St, Winchelsea 3241  
Father Joseph Panackal  
0404598558

## St Thomas' Anglican Church

Barwon Tce, Winchelsea  
Rev'd A. Lynne Clarke  
stthomaswac@gmail.com  
0477 672 042

### Thought for the Week

"A farmer plows through the fields of green and the blade of the plow is sharp and keen. But the seed must be sown to bring forth grain. For nothing is born without suffering and pain".

John Bader, Accredited Lay Preacher

### St Thomas Anglican Church Winchelsea

There will be a short service at 9.30 am on Good Friday 7th April, before we join the other two churches in Winch for a Good Friday Walk by the river at 10.30 am.

Please join us for joyful worship on Easter Sunday, 9th April, at 10.00 am!

Lynne Clarke

## AN EASTER JOURNEY

with the

## WINCHELSEA COMBINED CHURCHES

**Maundy Thursday 6<sup>th</sup> April**

**Holy Thursday Mass**  
**St John's Catholic Church – 7pm**  
 Further details – Marg: Ph: 0418 983 0056

**Good Friday 7<sup>th</sup> April – 10.30am**

**Way of the Cross Walk by the river**  
**Starting at the Picnic Shelter**  
 (Below the Swimming Pool)  
**Concluding with Hot Cross Buns**  
**at St John's Catholic Church**  
(If raining, assemble in St John's Catholic Church Hall)  
 Further details - Lyn: Ph: 0400 649 652

**Easter Vigil Saturday 8<sup>th</sup>**

**St John's Catholic Church 6pm**

**Easter Day Sunday 9<sup>th</sup> April – Services**

**Uniting Church 9.30AM**  
**St Thomas Anglican Church 10AM**

## EASTER BLESSINGS TO ALL

Lyn Redding, Winchelsea Combined Churches



## Winchelsea Community Facebook pages

### What's on in Winchelsea

**FLYERS, LOCAL EVENTS,  
SMALL BUSINESS,  
PROMOTING WINCHELSEA**

facebook.com/WhatsoninWinchelsea

### Winchelsea FREE

FREE ONLY

facebook.com/groups/winchelseafree

### Winchelsea Community Information AUSTRALIA

POSITIVE DISCUSSION

facebook.com/  
groups/207538644446972

### Winchelsea Classifieds 3241

FOR SALE ONLY

facebook.com/  
groups/216942861684082

### Winchelsea Lost and Found

LOST PETS

facebook.com/  
groups/768187693217518

### Winchelsea Op Shop

facebook.com/  
HospitalAuxiliaryOpShopWinchelsea

### Winchelsea Shire Hall (Community Centre)

facebook.com/WinchelseaShireHall

### Winchelsea Community House

facebook.com/  
winchelseacommunityhouse

### Winchelsea Coronavirus Community Support Group

facebook.com/  
groups/2676957719207927/

### The Green Winchelsea Residents

facebook.com/  
groups/515322772623126

### Growing Winchelsea Inc

facebook.com/growingwinch

### Winchelsea Star

facebook.com/TheWinchelseaStar

### Winchelsea Movie Club

facebook.com/winchelseamovies

### Winchelsea Community Market

facebook.com/100083362387611

### Winchelsea Land and River Care Group

facebook.com/envirowinchelsea/

### Upper Barwon Landcare Network

facebook.com/UpperBarwonLandcare

### Winchelsea & District Historical Society Inc.

facebook.com/  
Winchelseaanddistricthistoricalsociety/

### Winchelsea Wildlife Shelter

www.winchelseawildlifeshelter.com/

### SCARS - Surf Coast Animal Rescue Service

facebook.com/groups/415211698950674

### Winchelsea Gardeners

facebook.com/  
groups/779878518703025

### Winchelsea & District Historical Society

facebook.com/  
Winchelseaanddistricthistoricalsociety/

### Winchelsea Repertory Society Inc

facebook.com/winchrep/

### Winchelsea Globe Theatre

facebook.com/Winchelsea-Globe-  
Theatre-164790897641678

### Winchelsea Uniting Church

facebook.com/winchelseaunitingchurch

### St Thomas' Anglican Church

facebook.com/StThomasWinchelsea

### St John the Baptist Catholic Church

facebook.com/pages/Winchelsea-  
Catholic-Church/101775670163180

### Winchelsea Mainly Music

facebook.com/  
groups/668500343953191/

### Winchelsea Health Club

facebook.com/WinchelseaHealthClub

### Winchelsea Playgroup 2019

facebook.com/  
groups/551663435367031

### Winchelsea Girl Guides

www.guidesvic.org.au/

### Winchelsea/Modewarre Scouts

facebook.com/1stModewarreScouts

### Winchelsea Fire Brigade

facebook.com/winchelseafirebrigade/

### Winchelsea SES

facebook.com/groups/WinchSES

### Country Women's Association - CWA Winchelsea Branch

facebook.com/pg/CWAWinchelsea/

### Winchelsea Bowls Club

facebook.com/Winchelsea-Bowls-  
Club-533783333344345/

### Winchelsea Blues Cricket Club

facebook.com/groups/8999049476/

### Winchelsea Blues FC

facebook.com/WinchelseaFNC/

### Mel's Dance Studio

facebook.com/melsdancecentral

### Winchelsea Golf Club

facebook.com/winchelseagc/  
facebook.com/  
groups/1324943804676697

### Winchelsea Kyokushin Karate Club

facebook.com/winchelseakyokushin

### WYLD Winchelsea Youth Leisure and Drop in

facebook.com/  
groups/569737570027065/

### Lions Club of Winchelsea

facebook.com/LionsWinchelsea

### Winchelsea Probus

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10am 1st Mon month at Sen Citz Hall





### Annual Check up to help prevent kidney disease

The latest research shows that one in five people living with diabetes are also living with chronic kidney disease.

“Diabetes is one of the main causes of chronic kidney disease in Australia; however, most kidney disease can be prevented or delayed if detected early,”

Dan Tehan MP said. “Unfortunately, only around a quarter of people living with diabetes get their kidneys checked regularly.

Diabetes Australia Group CEO Justine Cain said chronic kidney disease (CKD) developed when high blood glucose levels damaged the tiny blood vessels in the kidneys.

“As more and more blood vessels in the

kidney are damaged, it becomes harder for them to do their work filtering blood,” she said.

“Eventually people may require dialysis or a kidney transplant which has a major impact on a person’s quality of life.”

Diabetes Australia hosted a recent diabetes event at Parliament House to highlight the complications from the condition, especially kidney disease.



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For more information please contact Jessica Culhane, Communications and Community Partnership Officer via phone on [\(03\) 5267 1200](tel:03152671200) or via email [jculhane@hesse.vic.gov.au](mailto:jculhane@hesse.vic.gov.au)

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