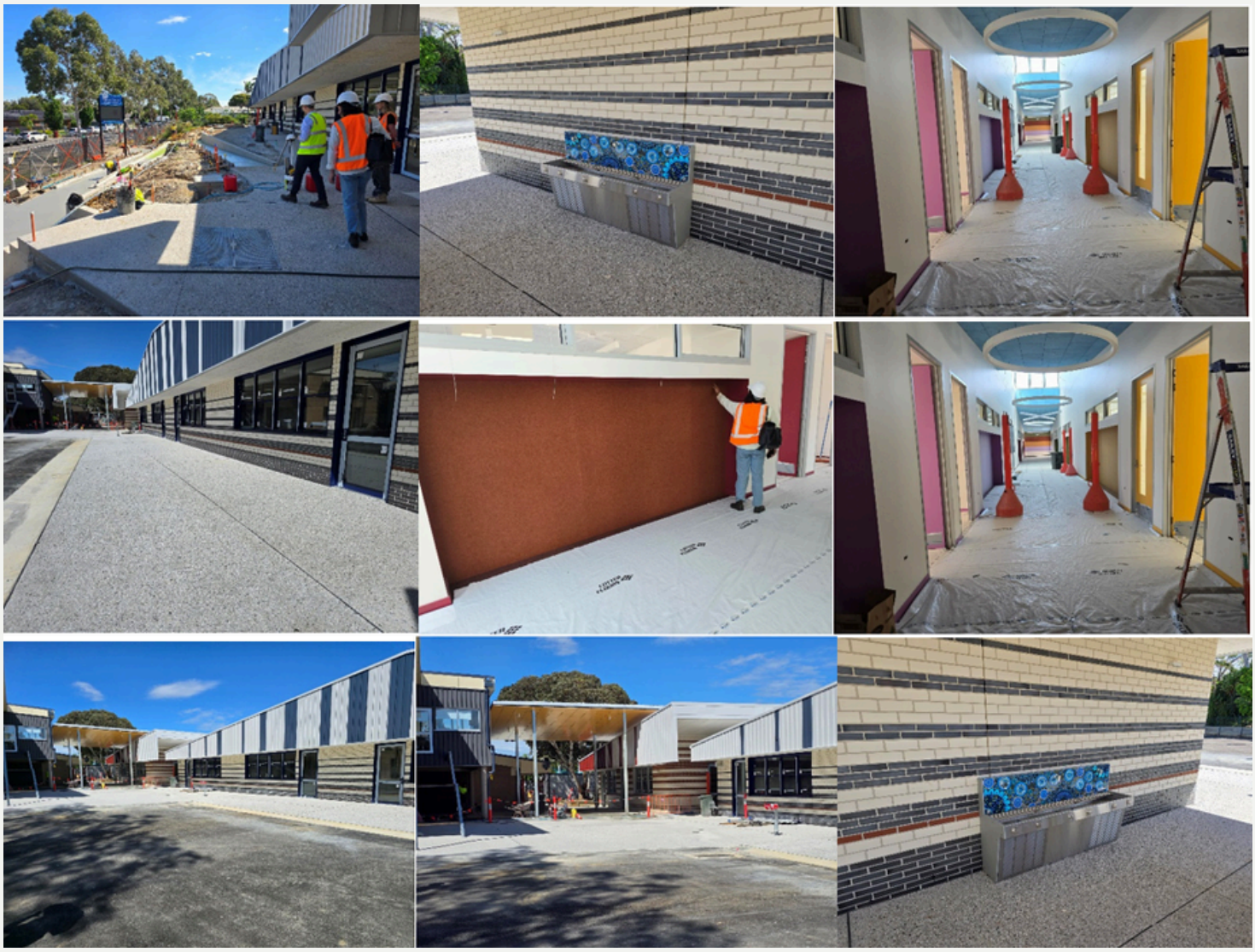
JAMES COOK PRIMARY SCHOOL
Issue 18 - 23rd October 2026

Cook's Log

Principal News

It is so good to be back at school with you all.

My oh my, hasn't our new building come along! I think we are only six or so weeks from completion. Here are some pictures from my walk-through on Tuesday. Even from the street view, I'm sure you'll agree how fresh and modern it looks. We will start our 2027 school year in our new classrooms: Bells – Brighton – Sherbrooke – Blackwood – Lofty – Flinders – Heron – Osprey.



JAMES COOK PRIMARY SCHOOL

Issue 18 - 23rd October 2026

Cook's Log



The site sheds have left so that the resurfacing on the concrete can begin next week.

There will be an official opening early in 2027. We'll let you know next year after we start.

Please remember to send your children to school with a hat. 'No Hat – No Play'





Our Swimming Program will fill up quickly. Remember to sign up and pay as soon as you can!

~ Anne



"Even the greatest was once a beginner. Don't be afraid to take that first step." — Muhammad Ali

Anne Burgess
Principal

Upcoming Events





OCTOBER

Fri 30th	World Teachers' Day





NOVEMBER

Mon 2nd	Curriculum Day (Pupil-Free Day)
Tues 3rd	Melbourne Cup Public Holiday
Mon 9th	Foundation Transition Session 1
Mon 16th	Foundation Transition Session 2
Mon 23rd	Foundation Transition Session 3
Mon 30th	Foundation Transition Session 4
Tues 8th	Foundation Transition Session 5 UP Day
Wed 11th	Rememberance Day
Fri 13th	World Kindness Day
Tue 17th	School Council Meeting
Mon 23rd - Tue 1st Dec	Swimming Program





Students of the Week

Weeks 2 & 3: 2026

OOT

Taha

For making a great effort to sit quietly on the mat during learning time and having a go at all classroom tasks. Keep up the good work!

Filip

For showing care and respect for our school by taking the initiative to collect rubbish and help keep our school grounds clean. Great work!

12E

Rezwan

for working hard towards his learning goals and showing focused listening in class.Keep it up, Rezwan!

Devansh

for showing a growth mindset when working with his numeracy tasks. Well done!





12W

Louis

For consistently demonstrating excellent reading and spelling skills, and confidently applying his knowledge to new and challenging words.

Zainab

For showing growing confidence in reading and spelling, and consistently working hard to strengthen her literacy skills.

Jason

for his focused listening and enthusiasm for challenging himself with more complex spelling words.

34S

Crizia

For her amazing responses when reading our class text, "The one and only Ivan". Keep it up!

Dina

For her fantastic work when coming up with reasons to support her argument in persuasive writing. Well done!

34H

Enaayah

For her amazing responses when reading our class text, "The one and only Ivan". Keep it up!

Setayesh

For her fantastic work when coming up with reasons to support her argument in persuasive writing. Well done!



Students of the Week

Weeks 2 & 3: 2026



P.E

Miray 56R

For showing determination and resilience when practising her overhead marking with the AFL football.

Zohair 56L

For demonstrating balance and coordination when scooping the AFL football off the ground with one hand.

56R

Marko

For his excellent focus and concentration during our whole school incursion.

Yasmine

For her persisence in our division equations with decimal remainders.

Jaden

For going out of his way to support his peers and teachers.Well done!



AUSLAN

Czarina 00T

For being a responsible learner and listening well during Auslan class.

Ali Sarwari 12W

For being a responsible learner and participating in Auslan classes.

ART

Bekir 56L

For his outstanding Graffiti art work. Great work Bekir!

Jason 12W

For his excellent focus and skillful paper weaving work in Art. Well done Jason!







Module 2

Foundation



WHAT WE ARE WORKING ON

Literacy

This week in Literacy, we have been working on:

- Reading and spelling words using our focus sounds **ll, ss, ff and zz**, along with other known sounds.
- Reading and writing high-frequency words.
- Reading simple texts smoothly and talking about what they mean.
- Writing sentences using capital letters, finger spaces and full stops.
- Listening carefully to sentences and recording the sounds and words we hear.
- Building our reading fluency and understanding through regular reading practice.

Numeracy

This week in Numeracy, we have been working on:

- Counting backwards from different starting numbers.
- Using the counting back strategy to solve subtraction problems.
- Solving subtraction stories by finding how many are left.
- Comparing two groups to find how many more or fewer.
- Using materials and number sentences to show our subtraction thinking.
- Sequencing familiar daily events and using the words *first*, *next* and *then*.

FUTURE LEARNING

- **Literacy**

In Literacy, we will be learning to:

- Read and spell words using our focus sounds **ch, sh and ng**, along with other known sounds.
- Read simple texts smoothly and with understanding.
- Read and write high-frequency words.
- Recognise and write upper- and lower-case letters.
- Listen carefully to sentences and record the sounds and words we hear.
- Write simple sentences using capital letters, finger spaces and full stops.

Numeracy

In Numeracy, we will be learning to:

- Practice skip counting by 10s.
- Count forwards by 10s, starting from zero.
- Make and recognise equal groups using objects and coins.
- Compare groups to identify equal and unequal amounts.
- Share collections equally between groups.
- Collect, sort and investigate data using simple displays.

UPCOMING EVENTS/NEWS

- Swimming Lessons
- Mini Fete
- Glasses for kids forms to be returned to the office









Module 2

Year 1 & Year 2



WHAT WE ARE WORKING ON



Literacy

This week in Literacy, we have been working on:

- Phonics: Year 1 students have been reading and spelling words with the sounds **oi** and **oy** (e.g. coin, boy), and Year 2 students have been learning the sounds **er, ir** and **ur** (e.g. term, bird, turn). Both groups completed a phonics assessment to show their learning.
- Starting our new mentor text, *Somewhere in Australia*, and learning about Australian animals and where they live.
- Learning about adverbs – words that tell us how something is done (e.g. slowly, quickly, quietly).
- Expanding simple sentences by adding who/what, how, where and when.
- Using time connectives such as first, next, then and finally to put ideas in order.
- Dictation – listening carefully to sentences and writing them using our focus sounds, capital letters and full stops.

Numeracy

This week in Numeracy, we have been working on:

- Sharing a collection equally between groups.
- Making equal groups to solve division problems.
- Using objects, drawings and groups to represent division.
- Working out whether a division problem involves sharing or grouping.
- Giving and following directions using positional language such as above, below, beside, between, behind, in front of, left and right.
- Using ordinal language (first, second, third, last) to describe where things are in a line.
- Using directions to move around a grid.

FUTURE LEARNING



Literacy

In Literacy, we will be learning to:

- Read and spell words using the new focus sounds in our next Phonics Plus set.
- Complete a Cold Write, an independent writing task that shows us what students can do on their own.
- Write an informative paragraph about an Australian animal, using a topic sentence, 2–3 supporting detail sentences and a concluding sentence.
- Continue using adverbs, expanded sentences and time connectives in our writing.
- Combine sentences using the conjunction *and* (compound predicates) and use *because* to give a reason.
- Explore our next mentor text, ***Looking After Country with Fire***.
- Write dictated sentences using our new focus sounds, capital letters and full stops.



Numeracy

In Numeracy, we will be learning to:

- Use arrays to represent division problems.
- Use what we know about multiplication to help solve division problems.
- Solve division problems and explain how we know our answer is correct.
- Complete our maths assessments (MTS Assessment and PAT testing).
- Read and represent time to the hour, half-hour and quarter-hour.
- Describe and compare how long events take.

UPCOMING EVENTS/NEWS

- Swimming Lessons
- Glasses for kids forms to be returned to the office



Module 3

Year 3 & Year 4



WHAT WE ARE WORKING ON





- **Reading:** We have been reading our class text, *The One and Only Ivan*. Students have been developing their comprehension, vocabulary and fluency skills, while making predictions, exploring characters and using evidence from the text to make inferences.
- **Writing:** Students have been developing their **persuasive writing** skills. They have been learning how to state an opinion, support their ideas with strong reasons and evidence, and use persuasive language to convince their audience.
- **Digital Literacy:** We have been learning about **being safe online**, including how to make responsible choices when using digital technologies, protect personal information and recognise safe and unsafe online behaviours.
- **Mathematics:** We have been developing our understanding of **division**, including sharing and grouping quantities equally and using different strategies to solve division problems. We have also begun exploring **probability**, using mathematical language to describe the likelihood of different events occurring.
- **Science:** Students have been exploring **inventions**, investigating how inventions are designed to solve problems and meet people's needs. We also worked on chemical change last term and conducted a Mentos and Diet Coke experiment.

FUTURE LEARNING

- Reading: We will continue reading The One and Only Ivan, developing our comprehension, vocabulary, fluency and inferential thinking as we explore the characters and events in greater depth.
- Writing: We will continue developing persuasive texts, with a focus on strengthening arguments, using persuasive devices and selecting effective vocabulary to convince an audience.
- Mathematics: We will continue building our division skills and applying efficient strategies to increasingly challenging problems. We will also further explore probability through experiments and activities involving chance.
- Digital Literacy: We will continue developing our understanding of how to be safe, responsible and respectful when communicating and working online.
- Science: We will continue exploring inventions, investigating the design process and considering how new inventions can be created to solve everyday problems.



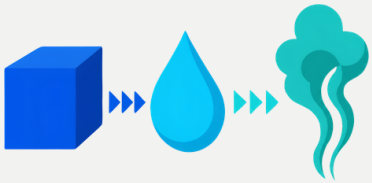
UPCOMING EVENTS/NEWS

- Curriculum Pupil Free Day (2nd November)
- Melbourne Cup Day (3rd November)



Module 3

Year 5 & Year 6

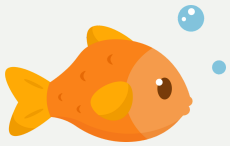




WHAT WE ARE WORKING ON

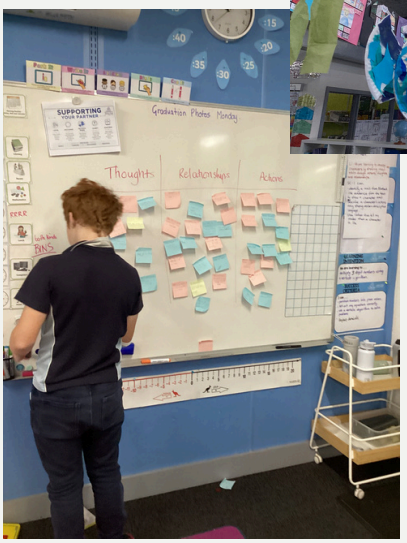
- English: We have begun our new class text study, *Blueback* by Tim Winton. Students are exploring the story, building their vocabulary and developing their reading comprehension skills.
- Mathematics: We have been developing our skills in dividing numbers involving decimals.
- Respectful Relationships: Students have been exploring stereotypes and considering how assumptions about people can influence the way we think, act and treat others.
- Science: We have been investigating the different states of matter — solids, liquids and gases — and exploring their properties and how they differ from one another.













UPCOMING EVENTS/NEWS

- Mini-fete
- Swimming
- Graduation

Everyone will  when we all follow our "Matrix of Expectations."

Let's just ..... 	 Protecting yourself and others	 Looking after yourself and making good choices	 Looking after people and property
ALL SETTINGS	We keep our hands and feet to ourselves. We use property and furniture for its correct purpose. We transition in two lines. We tell a staff member if something is wrong. We stay in designated areas.	We return equipment to its rightful place. We put rubbish in the correct bins. We keep all our belongings in their correct place. We follow instructions from staff. We wait quietly when lining up. We ask for help when needed. We admit our mistakes.	We share school property. We wear the correct school uniform. We take turns. We use please, thank you and excuse me. We ask before touching others' belongings. We transition quietly during learning times. We let other out the door before entering.
TOILETS	We give others privacy. We wash our hands with soap. We report problems to a staff member.	We close the door when in use. We flush the toilet. We leave when finished.	We use toilets for their correct purpose. We are quiet. We wait our turn.
LEARNING AREAS	We get permission before leaving. We walk inside. We remain properly seated during learning times.	We have our tools and equipment ready. We are on time. We complete our work on time. We stay on task to reach our goals.	We are quiet during independent learning times. We allow others to stay on task. We wait our turn to speak.
OFFICE	We use the correct doors. We listen to office staff. We sign in and out, when we are late or leaving early. We return to class straight away.	We bring one person only with us to first aid. We sign our mobile phone in and out. We place all payments and forms in the post box.	We wait until the first aid adult invites us in. We enter the office quietly. We wait our turn.
PLAY AREAS / OUTDOORS	We walk on ramps. We stay in the correct play areas. We leave sticks, rocks and stones on the ground.	We move to the Module as soon as the music starts. We ask the yard duty teacher for help if needed. We bring our equipment and belongings in after play.	We discuss, agree to and follow the rules of the game. We accept or decline politely others' playing choices.
ICT	We only use sites on Bookmarks. We use our own log in details. We keep our passwords private. We walk with our Chromebook.	We adhere to the ICT user agreement. We carry our Chromebook as instructed. We return our Chromebook to the charging area. We plug in the charger.	We remove our earbuds when the teacher is giving instructions. We half-close the lid when the teacher is speaking. We keep our hands off the keyboard when the teacher is giving instructions.

James Cook Primary School

JAMES COOK PRIMARY SCHOOL MATRIX OF EXPECTATIONS

Our goal is to build successful and responsible learners, in a safe and respectful environment.

LOST PROPERTY ANNOUNCEMENT

James Cook Primary School

There are a number of clothing items currently in lost property.

If your child is missing any clothing, you may visit your child's module in between 3:00 - 3:15pm.



To assist with the return of misplaced items, we kindly ask that all children's uniforms and belongings are clearly labelled.

Labelling can be done using a black permanent marker or iron-on labels. This simple step greatly reduces the likelihood of items being lost or unclaimed.



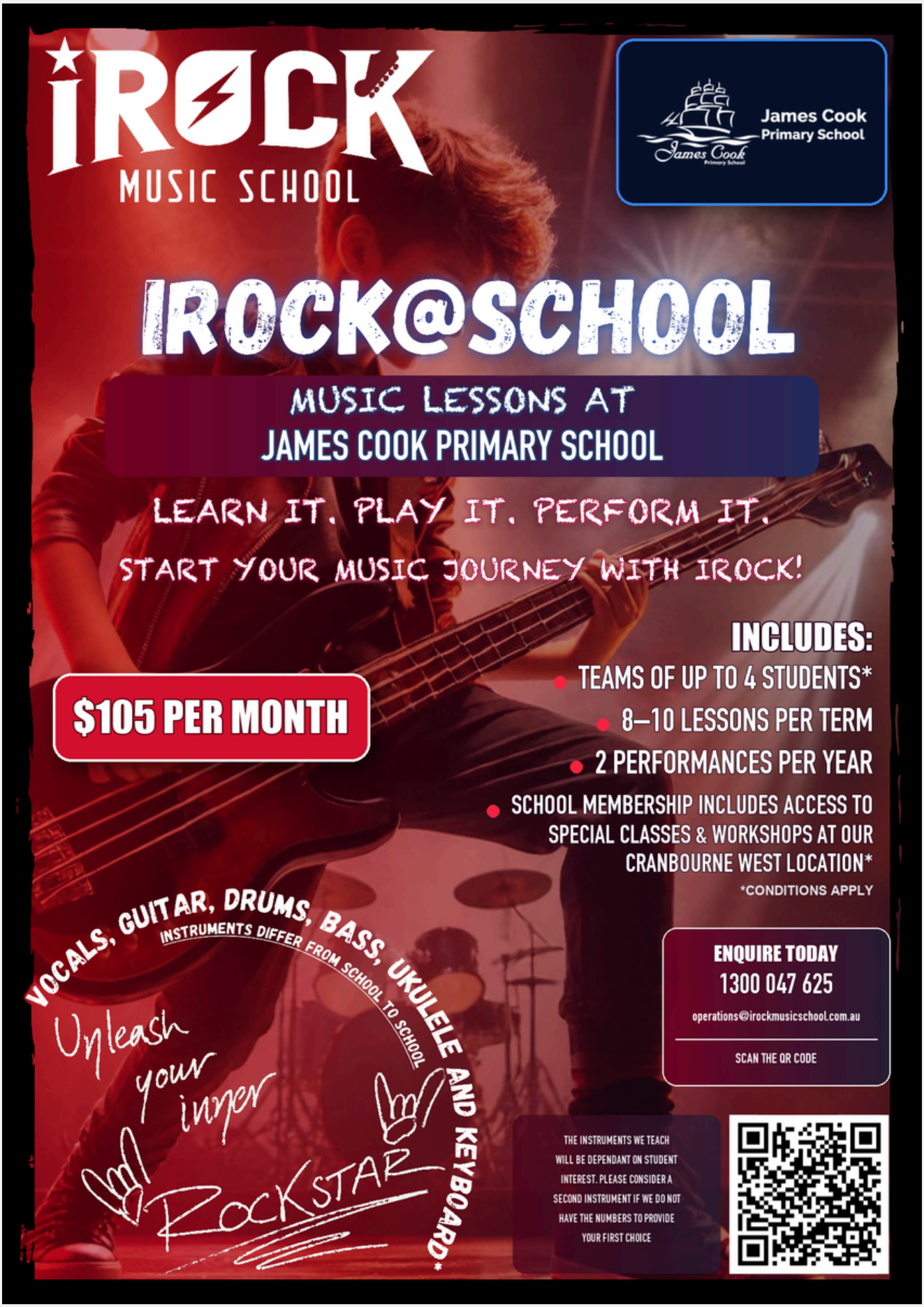
FOOD PANTRY

Every Wednesday

8:30am - 9:00am

Module 4

Community News



October Activities for dads & kids in Casey

OCT
02/16/30
7.00 PM
The Meetup men's group

OCT
17
10.00 AM - 11.30 AM
Gardening Together

OCT
18
9.00AM - 11.00 AM
Pancake breakfast

OCT
22
7.00 PM
Jump Start men's group

OCT
24
1.00 PM - 2.30 PM
First-time Dads Community Catch-up

OCT
26
6.30 PM - 7.30 PM
Blokes & Bubs Evening story & play time

SEPT
30
6.30 PM - 8.00 PM
Halloween BBQ and fancy dress

The community-led groups are supported by:

VICTORIA State Government
City of Casey
Dads Matter (it's a family thing)

52nd KNOX ART SHOW

https://knoxartshow.org.au









SEE SOMETHING EXTRAORDINARY

Step into a vibrant celebration of creativity at the **Knox Art Show**. Explore an inspiring collection of original works, discover talented local and regional artists, and perhaps find the perfect piece to take home. Bring your family and friends—everyone is welcome.

WHEN	WHERE	ENTRY
Saturday 7th to Sunday 8th November 10:00am to 4:30 pm	Churchill-Waverley Golf & Bowls Club 82 Bergins Road Rowville	Adults $10 Concession $8 Children under 18 FREE

COME FOR THE ART. STAY FOR THE INSPIRATION.

Save the date • Invite a friend • Support our local community

For more information click here

Rotary Bayswater and Rowville - Lysterfield

Knox Art Show Website

Proudly supported by Knox City Council

The Knox Art Show has been supported by a grant from the Knox City Council Community Development Fund



Circle of Security Parenting™ (City of Casey)

An 8-session program designed for parents of children aged 4 months to 6 years.

Ever puzzled by your child's behaviour or unsure how to respond to their needs? Imagine understanding what your child is truly asking for - and knowing exactly how to respond.

Grounded in decades of research, the *Circle of Security Parenting™* program helps you build a stronger, more secure relationship with your child.

What You'll Learn:

Read emotional cues:
Interpret and respond effectively to your child's emotional cues.

Boost self-esteem:
Build your child's confidence and sense of security.

Build emotional resilience:
Give your child tools to manage big feelings.

Trust your instincts:
Tap into your natural wisdom and confidence as a parent.

Please note: *This program is in partnership with the City of Casey and designed for parents/carers living in the City of Casey only. Please note children cannot attend the sessions, however* ***FREE CHILDCARE*** *is available for your convenience.*

City of Casey

Uniting

COST
Free
(Registration essential)

DATES
Mondays (8 sessions)
Oct 19, 26 | Nov 2, 9, 16, 23, 30 | Dec 7

TIME
10:00 am – 12:00 pm

VENUE
Bunjil Place Library
2 Patrick Northeast Dr
Narre Warren VIC

REGISTER HERE
https://bit.ly/3UUwiBE

ENQUIRIES
(03) 9704 8377
groupwork.south@vt.uniting.org



Bringing Up Great Kids

(Narre Warren)

***Bringing Up Great Kids (BUGK)* is a free 6-week program designed to help parents and carers of children aged 2–12 build stronger, more meaningful relationships with their kids.**

Discover mindful parenting tools to better understand your child's needs, manage everyday challenges, and strengthen family bonds.

What You'll Learn:

Understand your child's world:
Gain insights into brain development and what drives child behaviour.

Improve communication:
Learn mindful, calm ways to connect and respond to your child.

Refine your parenting style:
Reflect on what shapes your parenting and overcome daily challenges.

Prioritise self-care:
Build strategies to support your own wellbeing alongside your family's.

Please note: *Open to parents/carers (50%+ custody) in Casey, Cardinia, and Greater Dandenong. To keep this a dedicated space for parents to connect and focus on themselves, children are unable to attend.*

COST
Free
(Registration essential)

DATES
Wednesdays (6 sessions)
Oct 21, 28 | Nov 4, 11, 18, 25

TIME
10:00 am – 12:30 pm

VENUE
Uniting Narre Warren
55 Webb Street,
Narre Warren VIC

REGISTER HERE

https://bit.ly/4qRWDZR

ENQUIRIES
(03) 9704 8377
groupwork.south@vt.uniting.org

Uniting



Tuning in to Teens™

(Endeavour Hills)

This engaging 6-session program is designed for parents and carers of adolescents aged 10 to 18 years.

Based on an easy-to-follow, 5-step emotion coaching approach, *Tuning in to Teens™* empowers families to build stronger relationships and support their teen's emotional well-being. Join us and make a lasting impact on your family!

What you'll learn:

Understand emotional intelligence:
Learn how to nurture your teen's emotional growth and awareness.

Coach through big feelings:
Gain confidence in helping your teen navigate intense emotions.

Build problem-solving skills:
Equip your teen with tools to manage emotions, resolve issues, and handle challenges.

Handle conflict constructively:
Teach your teen healthy ways to manage conflict and build lasting resilience.

Please note: *Open to parents/carers (50%+ custody) in Casey, Cardinia, and Greater Dandenong. To keep this a dedicated space for parents to connect and focus on themselves, children are unable to attend.*

COST
Free (Registration essential)

DATES
Mondays (6 sessions)
Oct 12, 19, 26 | Nov 2, 9, 16

TIME
10:00 am – 12:30 pm

VENUE
Chalcot Lodge Family & Community Centre
26 Haverstock Hill Close
Endeavour Hills VIC

REGISTER HERE
https://bit.ly/4ylPnLA

ENQUIRIES
(03) 9704 8377
groupwork.south@vt.uniting.org

Anglicare Victoria | PARENTZONE

Uniting



Parenting and Mental Health Workshops

Uniting, in partnership with Families Where a Parent Has a Mental Illness (Monash Health), is pleased to offer a **three-session Parenting and Mental Health Workshop Series** for parents who are navigating their own mental health challenges.

Together, we will explore:

- Hands-on, realistic self-care strategies that fit into family life
- Personal wellness and recovery planning
- Helpful local services, supports, and activities for the whole family

Enjoy a provided morning tea, along with plenty of take-home resources to support your parenting journey.

Enquiries:
Ph: 9704 8377 **Email:** groupwork.south@vt.uniting.org

Important details: Open to parents and carers (50%+ custody) in Casey, Cardinia, and Greater Dandenong. This series focuses solely on personal wellbeing (not parenting strategies or clinical care). To keep this a dedicated space for you to recharge, children are unable to attend.

VICTORIA State Government

the bouverie centre FAMILY INSTITUTE

The Victorian FaPMI Program
Families where a Parent has a Mental Illness

MonashHealth

Uniting

COST
Free (Registration essential)

DATES
Thursday 22 October
Thursday 29 October
Thursday 5 November

To get the most out of the program and build connections with the group, participants are asked to attend all three sessions.

TIME
10:00 am – 12:30 pm

VENUE
Outlook Community Centre
24 Toomuc Valley Road, Pakenham VIC

REGISTER HERE

https://tinyurl.com/2bz5xdj8



Parenting Groups.

Join a parenting group for practical strategies and support.

We can help if you are looking for support to:

- Develop your parenting skills
- Build confidence as a parent

We offer free group programs to provide support and information to strengthen parent-child relationships and provide practical knowledge and skills development to support you with the challenges of parenting.

Our groups create a safe space for you to build connections with other parents. Engaging with others through parenting groups and sharing common issues with other parents can help to build on your support network and reduce any feelings of isolation.

These groups are available exclusively to caregivers living in the City of Casey, Cardinia Shire, or Greater Dandenong.

Further Information:

To learn more about the parenting groups we offer in the **City of Casey**, **Cardinia Shire**, and **Greater Dandenong**, and to receive updates about upcoming sessions, please click the link below or scan the QR code to register your interest.

https://forms.office.com/r/NaLZJ39cga

Contact us:

P: 9704 8377

E: groupwork.south@vt.uniting.org

Uniting

PUBLIC

POP UP PLAYGROUP

Discover Learn Play

The City of Casey free 'Pop-up Playgroup' Term 4 2026

Come along and enjoy playgroup activities outdoors with your child, music, art, reading, blocks, imaginary, sensory and active play.

You can also pick up information about Community Playgroups, Maternal and Child Health, Kindergarten and other community services.



Eddie Barron Reserve

21A Bemersyde Dr, Berwick

https://maps.app.goo.gl/UQZmyKYUsF9GRqQy7

Wednesday 7 October	9:30 am – 11:00 am.
Wednesday 14 October	9:30 am – 11:00 am.
Wednesday 28 October	9:30 am – 11:00 am.

Zanda Park

216 Alexander Boulevard, Clyde North

https://maps.app.goo.gl/WiW5p2mTHrFiUEGC9

Wednesday 4 November	9:30 am – 11:00 am.
Wednesday 11 November	9:30 am – 11:00 am.
Wednesday 25 November	9:30 am – 11:00 am.



Please note Pop-up Playgroup is an outdoor event.
Please bring water, snacks, and spare clothes.
No bookings are required.

Contact the City of Casey:

Web: casey.vic.gov.au
Email: caseycc@casey.vic.gov.au
Phone: 03 9705 5200
Post: PO Box 1000, Narre Warren VIC 3805
NRS: 133 677 (for the deaf, hearing or speech impaired)

Customer Service Centres:

Narre Warren: Bunjil Place, Patrick Northeast Drive, Narre Warren
Cranbourne: Cranbourne Park Shopping Centre, Cranbourne
ABN: 43 320 295 742

TIS: 131450 (Translating and Interpreting Service) المترجم الفوري 翻译 مترجم شفاهي ਦੁਭਾਸ਼ੀਆ සහෙ පරිවර්තක

PUBLIC

POP UP PLAYGROUP

Discover Learn Play

City of Casey

The City of Casey free 'Pop-up Playgroup' Term 4 2026

Come along and enjoy playgroup activities outdoors with your child, music, art, reading, blocks, imaginary, sensory and active play.

You can also pick up more information about Community Playgroups, Maternal and Child Health, Kindergarten and other community services.



Junction Village Recreation Reserve Playground

33 Craig Road, Junction Village

https://maps.app.goo.gl/kqzWNBToTyZusy8E9

Thursday 8 October	9:30am – 11:00am.
Thursday 15 October	9:30am – 11:00am.
Thursday 29 October	9:30am – 11:00am.
Thursday 5 November	9:30am – 11:00am.

Wildbloom Playground

Corner of Mellow Place & Ochre Street, Clyde North

https://maps.app.goo.gl/1XmWppyBdChiyQzYA

Thursday 12 November	9:30am – 11:00am.
Thursday 19 November	9:30am – 11:00am.
Thursday 26 November	9:30am – 11:00am.



Please note Pop-up Playgroup is an outdoor event.

Please bring water, snacks, and spare clothes.

No bookings are required.

Contact the City of Casey:

Web: casey.vic.gov.au
Email: caseycc@casey.vic.gov.au
Phone: 03 9705 5200
Post: PO Box 1000, Narre Warren VIC 3805
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CASEY.VIC.GOV.AU

PUBLIC

POP UP BABY PLAYGROUP (Babies 0 - 12 months)

City of Casey

Discover Learn Play

The City of Casey is hosting free Pop-up Baby Playgroup

Where: **Dharrang Balit Community Centre**

51 Sovereign Avenue, Clyde North

https://maps.app.goo.gl/JZVsYrViFELCKqGWA

When: Tuesday 6 October 2026 – Tuesday 8 December 2026 (excluding Melbourne Cup Public Holiday)

Time: 10:30 am – 12:00 pm





Come along and experience a range of activities for babies aged **0 to 12 months**. Enjoy singing, playing and sharing activities that you and your baby could do at home whilst connecting with other families. Bring your own snacks, water and a change of clothes for baby.

No bookings are required.

Contact the City of Casey:

Web: casey.vic.gov.au
Email: caseycc@casey.vic.gov.au
Phone: 03 9705 5200
Post: PO Box 1000, Narre Warren VIC 3805
NRS: 133 677 (for the deaf, hearing or speech impaired)

Customer Service Centres:

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CASEY.VIC.GOV.AU

Casey North Community Information & Support Service

FM9.25

Food and Emergency Assistance

🥗 Do you need food or emergency support?

We provide **material aid** for people and families experiencing crisis or emergency situations.

✓ What support can we provide?

- 🛒 Food hampers / pantry items when available
- 🎟️ Food vouchers
- 💊 Help with some medical prescriptions
- 🚿 Shower passes

👥 What to expect when you visit

Our staff and volunteers will:

- 👂 listen to your situation (listen to you about your situation)
- 📝 complete a short assessment
- 🧑‍🤝‍🧑 work with you to find the right best support available

🔁 Ongoing support

Our funding is limited, so we will not be able to provide ongoing support. We can help you to **connect with other food relief agencies** if you need continued assistance.

🤝 We can also help with

- ➡️ referrals to other community services & organisations
- ➡️ referrals to financial counselling for budgeting and money management
- ➡️ finding better utility providers (electricity and gas)
- ➡️ organising setting up payment plans

Please note: we cannot pay utility bills, but we will help you explore your options.

🌍 Language support 🗣️

Telephone Interpreter Services are available.

You don't have to go through this alone - We're here to help.