



# YARN UP

February, 2019



## Funfields Family Day Out returns!

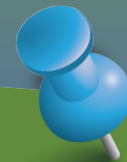
In 2018, over 150 tenants and household members attended our first ever Funfields Family Day Out at Funfields theme park – forming part of the event calendar for AHV's More Than A Landlord (MTAL) project.

After a successful event last year, we would like to again invite AHV tenants and household members from the northern suburbs to join us for a fun-filled day with a variety of activities, including:

- Free entry to the park
- Access to a selection of rides on the day (bring your towel and bathers if you want to go on the water-based ones)
- BBQ lunch and snacks
- Dedicated, shaded area for AHV attendees

This event is open to AHV tenants and household members in the northern suburbs, and will be held at Funfields theme park on Sunday 17 March, 2019.

**RSVPs are essential, for catering and park number limits. Please contact Aunty Barbara on 0438 134 804 or email [wellbeing@ahvic.org.au](mailto:wellbeing@ahvic.org.au) no later than Monday 25 February, 2019.**



### **FUNFIELDS FAMILY DAY OUT**

SUNDAY 17 MARCH, 2019

10AM – 2PM

FUNFIELDS THEME PARK

2365 PLENTY ROAD, WHITTLESEA

**RSVPs ESSENTIAL BY 25 FEBRUARY.**

**Contact us on 0438 134 804 or [wellbeing@ahvic.org.au](mailto:wellbeing@ahvic.org.au) - and have the following details ready:**

- Your name
- Contact phone number
- Number of household members attending (adults and children)
- Any dietary requirements



# A very rustic Christmas Gathering

MTAL held its annual Family Christmas Gathering at Bundoora Park Farm for the first time last December. The venue's size, amenities and furry residents proved a hit with the 150 attendees.

Visitors also enjoyed a deluxe BBQ lunch, Wildlife Discovery Tours, Christmas music and raffles, as well as face painting, pony rides and giveaways for kids. MTAL would like to thank Bundoora Park Farm and Café and Darebin City Council, as well as our suppliers and volunteers, for making the day possible.



Kids transformed into their favourite characters at the face painting stall.



The event was made extra special by the attendance of community Elders.



Santa made an appearance via horse-drawn carriage.



The event was a chance for AHV staff and tenants to get together.



Auntie Sandra and Sam catch up regularly for a coffee and chat.

## Spotlight on achievements

MTAL's life coaching program celebrates tenants' achievements in all areas of their lives, including improvements in health and wellbeing.

Biripi Elder and local resident Auntie Sandra Myers has worked with AHV Life Coach Sam to reach her health goals and also improve her social wellbeing. Auntie Sandra developed a plan with Sam to make better use of the local support services that have helped her maintain independence at home. She is particularly proud of being able to make it up to Cairns for her daughter's wedding last year, which she has described as beautiful.

She has also become more involved in elders social groups including Elders Motivated and Deadly (EMAD), where she enjoys producing traditional craft and having a yarn with fellow community members.

## What is MTAL?

More Than A Landlord is a life coaching, social and wellbeing program designed to support AHV tenants in identifying and working towards personal goals. Currently in its pilot stage and open to AHV tenants in the northern suburbs, the program is spearheaded by Life Coaches, Sam and Neil as well as our Life Skills Worker Trudi. To learn more about the program or get involved, call 9403 2100 or email [wellbeing@ahvic.org.au](mailto:wellbeing@ahvic.org.au)

