



Cooma Rotary Club Inc

Theme: Community and Economic Development Month

**13 October – Renata Sheehan - Pram walk & talk
Daniel Johnson -Mental Health Counsellor**

Coming Meetings and Social Events:

20 October – No Social Dinner

27 October – TBA

3 November – TBA

10 November – Breakfast meeting

17 November – Social Dinner



BIRTHDAYS in October – 25th Wolfgang, 28th Hass – Best wishes

Guests: Renata Sheehan, Daniel Johnson (Club), Kris (Daniel)

Highlights of the Week:

Glenys

Manbassadors men's walking group is starting in Rotary. This is a way for men to connect with each other. Details were in this week's Monaro Post.

There will be a movie night this year – details to come.

Elaine S

Duck race tickets are still available. The race has been postponed until 21st November.

Tickets can be purchased online <https://kaigi.eventsair.com/cooma.../ducks/Site/Register>

Jan P

There will be no social dinner this month. Jan is anticipating it will be back on in November.



PLEASE ADVISE JANINE BY **TUESDAY 1PM BEFORE THE MEETING
IF YOU ARE A MEETING APOLOGY OR IF YOU ARE BRINGING A GUEST:
0401 164 280 or janffa@bigpond.com**



Guest Speaker – Renata Sheehan

Following a presentation from the Jerrabomberra Rotary Club about the Pram Walk and Talk Group they sponsor, it was decided that the Cooma Rotary Club could support something similar in this area. This has led to a Pram Walk and Talk Group to be established in Jindabyne.

How does it work?

The walk will take place on a Thursday morning at 8.45am. The walk will be near the lake at Jindabyne. All participants will be invited to have a cuppa at Monaro Family Support Service Jindabyne Office, with the option to participate in Snowy Kids Bubs Club, Jindabyne which precedes the pram walk.

The walk is free with no bookings or referrals needed. It is conducted on the same day and time weekly, for an hour.



The walk is led by a personal trainer who is qualified in perinatal exercise. On alternating weeks, a Child and Family Nurse from Southern NSW Local Health District and a Family Support Worker from Monaro Family Support Service will walk with the parents. The participation of these professionals is provided in kind by the Southern NSW Local Health District and Monaro Family Support Service.

Benefit of experts on the ground

Whilst there are many walking groups, the focus of this being for parents post birth allows them to come together by a shared experience, with experts on hand that they can talk to informally to as they walk.

Personal trainer provides advice on exercise for parents and baby. The Child and Family Nurse can provide advice for parents on the child's development or recommend other medical support services. The Family Support Service Worker will provide advice on community-based services and support



Why Jindabyne?

In discussions with the Local Health District and Monaro Family Support Service, Jindabyne was identified as a population with a large number of births than its neighbours and has suitable public walkways and facilities for a pram walk. Once the walk has been established, there are options to expand into other areas. Of course, all parents from across the Monaro are invited to join in.

Our team

Monaro Family Support Service works with parents and carers to ensure the wellbeing of children and the safety of families across the Snowy Monaro LGA. Monaro Family Support Service in partnership with Monaro Early Intervention Service currently runs Snowy Kids Bubs Club in Jindabyne on Thursday morning at 10am. The Pram Walk and Talk group would then flow into this group.



Core Mumma a local Monaro based business that provides Pre & Post Natal Personal Training to small group or one to one. Jaclyn Bottom is a personal trainer and owner of Core Mumma.

Southern NSW Local Health District are providers of public health services in the Monaro. Child and Family Nurses provide services to families through Community Health services. Southern NSW Local Health District partnered with the original Pram

Walk and Talk Group in Jerrabomberra since its inception.

Guest Speaker – Daniel Johnson

Daniel has recently opened Van Ryan Therapies counselling practice in Vale Street, Cooma. He specialises in mental health counselling, to help people get back to doing what they enjoy most in life.

Daniel shared a video which explained how human being need to be connected with each other and how when this ability to connect is not available we tend to connect with other things, which can lead to addiction.



MEETING ROSTER

If your name appears on the roster and you are unable to be there, please organize an alternative for your role

Tasks	27 October	3 November
Meet & Greet	Babu	
Fines or Did You Know	Peter D	
Wine Raffle	Liz	
Jiggle the Joker	Sally	
Property	Dave H	
Banners		
Toll Collector	Janine	Janine
Meal Service	Mark	
Vote of Thanks		
Pastoral Care	Dugald	

Market Roster 21 November 2021

Vans & BBQ towing	Terry
Snag Experts	
Van Operators	
Photographer/PR	Nadine
COVID 19 policeman/Meet and greet	
Coffee Van	