

**CONTACT Bundoora Community Centre Inc**

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Welcome back to Term 3!

The Contact Sewing for Charity Table (Wednesday mornings) receives many donations of fabric, wool and unfinished projects. From these donations, the Sewing for Charity group completes items such as quilts, wheelchair quilts, walker bags, sensory mats and breast cancer support items, which are donated to local nursing homes, fostering agencies and charities supporting families and children in need.



Recently, volunteers from the Sewing for Charity table visited eight local nursing homes and donated 60 quilts, 40 sensory mats and 12 walker bags.

Lifestyle coordinators and staff warmly received the donations. Some quilts will be used to keep residents warm on bus trips, brighten resident's rooms, while the walker bags are expected to be popular Bingo prizes.

The newly designed sensory mats, made using ties, were also especially appreciated for male residents living with dementia.

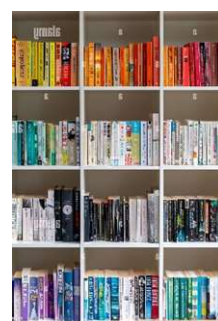
Overall, it was a very worthwhile experience, and Contact and its members were enthusiastically thanked for donating these valuable items to brighten residents' daily lives.

The Contact Jewellery for Good have donated necklaces to a local nursing home to use in their welcome pack for new residents.

Contact Library

Have you noticed how neat and tidy our Book Cupboard library in the kitchen looks lately?

Antoinette Tenace from Bev's Knitting Class has carefully catalogued our donated books and arranged them alphabetically by author, making them much easier to find. Thank you, Antoinette and to all Contact members who donate books, your efforts are very much appreciated.



Chip Packets – Thank you to all Contact members who have donated chip packets. These are being delivered to Rosanna Fire Station Community House, where they will be used to make thermal blankets that are currently in high demand.

Please note - Packets do not need to be cleaned, but they must be fully opened.

Reminder: Donate and Shop

Donated Goods Stall at Contact Tuesday 4 and Wednesday 5 August

Donations of suitable items, including new or used craft supplies, may be left with the Front Desk Volunteers before Thursday 30 July.

Please ensure all items are clean and in good condition or working order.
No clothing will be accepted.

Upcoming Presentation

Save Money & Compare Prices Online: A Guide for Seniors

Thursday 22 October 2026, 12.30 – 2.30 pm

Booklet handout, raffle prizes, tea & coffee and light refreshments will be available. This is a free class and numbers **are strictly limited**.

The recent Advanced Care Planning information session held on Thursday 16 July with Ella Critchley, Northern Health was well received, with 27 people attending.

Soup Days are back at Contact

Our recent Soup Days on Tuesday 21 and Wednesday 22 July were very well received. In total, 45 cups of soup were sold, with some members buying extra to take home and enjoy later.

Thank you to Joy and Karen for the delicious soup.

Cauliflower Soup (Joy's)

1 large cauliflower or 2 small
Chicken Stock
1 tspn Cumin
1 small Potato
Simmer for 40 minutes.
Blend using a stick blender until smooth.
Add 1-2 cups full cream milk

Pumpkin Soup (Karen's)

½ Pumpkin
4 Potato
1 large onion, diced
Stock – use Massel (vegan) to cover the vegetables
Salt & Pepper to taste
Simmer for 40 minutes
Blend using a stick blender until smooth

Soup will again be offered on the following dates:

Tues 25 & Wed 26th August Tues 15 and Wed 16 September



The Sewing for Charity Table are looking for Buttons

Do you have any buttons, minimum size ½" for Walker Bags
Decorative pairs would also be very much appreciated.



Hope in a Suitcase



Hope in a Suitcase Australia is a non-profit organisation run by volunteers who are incredibly passionate about showing every child who enters the foster care system that they are loved and valued by their community.

They do this by giving the children a suitcase of their very own to ensure they have a safe and secure place in which to pack their belongings and take with them wherever their journey may lead.

The suitcases are donated by a manufacturer, and Contact members are invited to support the program by donating clothing, singlets, bibs, toiletries, sanitary products for older girls, underwear and pyjamas. Comfort items such as soft toys, books, journals, colouring-in books and pencils are also welcomed; helping encourage creativity and provide a positive distraction during a difficult time.

Please leave your donations with the Front Desk Volunteers. All donations will be passed on to Hope in a Suitcase at end of Term 3.



Census Day

Tuesday 11 August 2026

If you know where you'll be on Census night, you can complete the Census as soon as you get your instructions.

If you need help completing your Census form, Banyule are offering a Census team to assist at Shop 48, The Mall, West Heidelberg on Monday 10 August, 10am – 12 noon.

Thank you to Colin Brooks' Staff



Many thanks to Helen and Sally from Colin Brooks' office for visiting Contact and helping members claim their 20% car registration rebate.

Their technology support was greatly appreciated, with members successfully applying for the rebate before it expired.

Dates to remember:

Tuesday/Wednesday	4 & 5 August	Donated Goods Stall
Tuesday/Wednesday	25 & 26 August	Soup Days
Tuesday/Wednesday	15 & 16 September	Soup Days
Thursday	17 September	Term 3 ends
Tuesday	6 October	Term 4 begins
Thursday	22 October 2026	Save Money & Compare Prices Online
Tuesday	3 November (Melbourne Cup)	Closed
Tuesday/Wednesday	10 & 11 November	Mini Market
Tuesday	1 December	Term 4 ends
Wednesday	2 December	Contact Break up

Thank you to Colin Brooks and his staff for the printing of this newsletter.