



THE RAILWAY EXPRESS #1

A SPECIAL WEEKLY NEWSLETTER TO HELP US STAY CONNECTED

To our dear Railway House community,

We hope you are taking good care of yourselves and starting to adapt to this new way of life that we find ourselves living. It's a challenging time for all of us but hopefully you are finding new ways to keep healthy, happy and engaged. With resilience, patience, acceptance and creativity we will get through this and come out stronger as a community and as individuals.



This is the first of a series of short weekly newsletters that we will be sending to you - our program participants, volunteers and tutors - every week during Term 2 whilst we are unable to run our usual programs and activities.

The aim of these newsletters is to stay connected and remind you that you are part of this wonderful Railway House community! If you would prefer not to receive them, please just let us know.

We'll be sharing community news and stories, resources and photos as well as links to fun videos and images that you might not have seen if you're not on social media.

We'd also love to hear about what YOU have been up to and include your news, stories and photos! So whether you've been doing a lot of knitting, bike riding, baking, drawing or anything else, please share it with us, and we will include it in a newsletter. It would be wonderful if our writing group participants submitted a short piece of writing or a poem for inclusion!

Please email us at admin@railwayneighbourhoodhouse.org.au

We will very much miss seeing you all this term – Railway House is just not the same without your chatter and laughter. But here are some other ways in which you can remain connected to Railway House during this time:

1. **Read and contribute** to this weekly newsletter.
2. **Join one of our online programs.** We will be offering fitness classes, Tai Chi, and possibly Inclusive Yoga. Please contact us if you are interested in joining any of these classes and we'll let you know the details.



3. **Connect with your group socially** via email or WhatsApp. If you haven't joined your group's social network yet, let us know and we will help you get connected.
4. **Give us a call!** The office will be staffed from Monday to Thursday 10am-1pm and as you know, we are always up for a chat!
5. **Drop by Railway House.** Whilst we must all stay home as much as possible, it is also important to get some daily exercise. If you are out and about, please feel free to come by the House to:

- Donate non-perishable **food donations** for the Asylum Seeker Support Service, including treats and children's colouring books/activity packs. Food banks have reported record low supplies with record demand.
- Drop off your **batteries** and small e-waste items for recycling.



Containers will be located outside for you to drop off your items, Monday to Thursday 10am-1pm. Please ensure that you maintain safe physical distancing if there are other people dropping things off at the same time.

- Pick **herbs** from alongside the Bocce Courts - there are quite a few!

Don't forget to give us a wave if you see us in the office!

Finally, we would like to let you know that we have a group of volunteers available to help with shopping and other errands, so please call or email if you or someone you know would like assistance with anything.

Please stay in touch and send us your news so that we can all continue to feel connected as a community until life returns to normal.

Take care and we look forward to hearing from you.

Alison, Lisa C, Lisa G and Jeff

Term 2 starts on Tuesday, 14th April