



## WHAT'S HAPPENING IN OUR COMMUNITY

*Welcome to 2025!*

*This year we officially begin our three-year partnership with The Resilience Project launching in classrooms across seven schools in our region. We can't wait to see the positive impacts spread throughout the schools, including the "It's Cool to be Kind" initiative created by Oakley Tarrant and we also look forward to spreading kindness amongst our amazing community through various projects throughout the year! We are proud to continue to support our community in many different ways. This includes food relief, free mental health support, flood recovery support, computer and tech support and so much more. If you want more information on how we can support you, please come in and see us.*



**Rochester**  
**COMMUNITY ACCESS**  
**FLOOD RELIEF FUND**  
**ROUND 2 AVAILABLE NOW**



Initiated by  
Rochester  
Community  
House

Community Bank  
Rendge Bank

Additional funding  
from Community Bank  
Elmore, Lockington  
and Rochester

Delivered by  
ANHCA (Australian  
Neighbourhood Houses  
and Centres Association)

Scan the QR code to apply

**Flood Relief Grants**  
Round Two of the Rochester Community Access Flood Relief Funds are NOW OPEN!  
All applications must be submitted online, if you require assistance to apply (please bring bank details and proof of residency) or would like more information about eligibility, please visit Community House.

## REGULAR HAPPENINGS:

### Monday

Wellbeing with Bern  
9am Strength & Balance  
9am Men's Shed  
10am Art Group  
6pm Community Dinner

### Tuesday

FoodShare (11am-12pm)

### Wednesday

10am Rochy Playgroup.  
10am Knitting & Crochet.

### Thursday

Wellbeing with Bern  
9am Men's Shed  
FoodShare (11am-12pm)  
2pm Coffee & Cake  
(fortnightly)

### Friday

9am Men's Shed

### Wellbeing with Bern

Bern is a qualified counsellor who can work with families, individuals & children.

Bern speaks to & supports her clients with a range of different issues and concerns. This free service is made available with thanks to many generous groups & organizations, none more so than the Kyabram Club.

Bern is passionate about demystifying the myths about therapy/counselling & wants you to know that there is no "criteria" that you need to meet to speak with a professional or no problem that is ever considered too small or minor. Bern prides herself in making all feel welcomed, supported, safe, respected and equal.

If you would like any more information or to book an appointment contact Bern via Rochester Community House on (03) 5484 3600 or 0490 864 075



If you have any enquiries about the activities and programs we run or are interested in instructing or facilitating new classes please contact us on 0354843600



## Men's Shed

Open on Monday's for Everyone 9am - 1pm

Thursdays - Mens Day 9am - 1pm

Fridays - Womens Day 9am - 1pm

For information on The Community Men's Shed, please contact Rochester Community

House on 0354843600 Follow us on

Rochester Mens Shed



# FOODSHARE

## Tuesday's & Thursday's 11am to 12pm

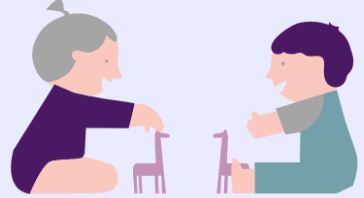
ROCHESTER SHIRE HALL

43 MACKAY STREET

\*PLEASE NOTE CHANGE TO  
OPENING HOURS



## Rochy Playgroup



Wednesday's 10am - 12pm

Rochester Shire Hall



MADE POSSIBLE  
BY...



JOIN US FOR  
**COFFEE & CAKE**  
 -2025-



RETURNING FEBRUARY 13TH 2025  
 HELD FORTNIGHTLY FROM 2PM - 3PM  
 TEMPTATION LIVING AND LANDSCAPES  
 ALL WELCOME - NO RSVP'S REQUIRED



# FINANCIAL

## Health Check

ANGLICARE VICTORIA'S FINANCIAL COUNSELLING TEAM  
 WANT TO HELP YOU COMPLETE A FINANCIAL HEALTH CHECK!



- Have your expenses changed lately?
- Wondering where you could be saving in your budget?
- Unsure of your Centrelink entitlements?
- Issues with an outstanding credit card?
  - Trouble understanding your bills?
- Not sure where to use your health care card?
- Moving to Uni and not sure how to manage financially?
- Confused about Afterpay and Zip?

**Anglicare Victoria** **Rochester Community House**

**REGISTER YOUR INTEREST WITH ROCHESTER COMMUNITY HOUSE!**

### KEY UPCOMING DATES

#### February

- 11th - SafeTALK Training
- 12th & 13th - ASIST Training
- 13th - Coffee & Cake
- 20th - Rotary Breakfast
- 21st & 22nd - Rochy Show
- 27th - Coffee & Cake

#### March

- 6th - International Women's Day Event @ Shire Hall
- 8th - Town Garage Sale
- 8th - Songs at the Silos
- 10th - Labour Day Public Holiday
- 13th - Coffee & Cake
- 20th - Rotary Breakfast
- 27th - Coffee & Cake

#### April

- 17th - Rotary Breakfast
- 21st - Easter Monday Public Holiday

### What can we help you with?

- Working with Children's Check
  - Birth Certificates
  - Marriage Certificates
  - Resumes & cover letter's
  - Scanning & emailing
  - Printing
  - Laminating
  - Telehealth appointments
  - Computers & Hot Desks
- Rooms also available for hire.  
 Contact Jodi for more information.

**Rochester Community House**  
 43 Mackay Street,  
 Rochester  
 Open Monday - Thursday  
 9am - 4pm  
 03 54843600  
[rochy@communityhouse.org.au](mailto:rochy@communityhouse.org.au)