

CUMMINS

CONNECTION



CUMMINS CHRISTMAS WONDERLAND

BOOK ONLINE NOW!

Explore the magic of Christmas in Cummins

DEC. 1ST – 28TH 2020
CUMMINS INSTITUTE

Visit www.explorecummins.com.au

See page 4 for details

VOL
208

CUMMINS, SA

NOVEMBER 2020

THIS MONTH

EVENTS



MELBOURNE CUP LUNCH + RACE

Nov 3rd, 12pm

Cummins Hotel

The race that stops the nation is back again this year, so pop into the Cummins Hotel this Melbourne Cup day, and join the celebrations, with live coverage and TAB sweeps on site.

Enjoy the new lunch menu, as well as the daily specials, and don't forget to book in advance to be welcomed with a free glass of bubbly.

FOOD



THE PRAWN STORE POP-UP SHOP

Nov 5th, 10am-1pm

Outside Cummins IGA & Cummins Hall

Indulge in pure South Australian seafood flavours with fresh Spencer Gulf king prawns, straight off the boat, available in 1kg & 5kg packs, cooked or uncooked.

Pre-order now via www.theprawnstore.com, or on-the-day sales available until sold out.

LIFESTYLE



CUMMINS & DISTRICT WAR MEMORIAL SWIMMING POOL

Season 2020/21 Opening Oct 31

Get your bathers on and swim into the Cummins & District War Memorial Swimming Pool this November.

The family-friendly pool will be open on weekdays from 4pm until 6pm (hours may vary due to temperature. Follow them on Facebook for up-to-date info)

A great way to refresh on a hot spring day.

EXPERIENCE



CUMMINS MILLING TOUR

Tuesdays from 10:30am

A unique opportunity to experience the running and operation of one of South Australia's most treasured icons.

Be greeted on arrival and entertained by June, the mill baker and chef, who will demonstrate the finer arts in baking and cooking with the Cummins Milling's flour product range. On completion, visitors will be treated to a morning tea with freshly baked goods.

Available for groups of 8 to 15 people.

Price: \$25 p/p.

Duration: approx. 45 mins.

Booking: Reserve 7 days in advance by calling (08) 8676 2047, or email [admin @cumminsmill.com.au](mailto:admin@cumminsmill.com.au)



CUMMINS CHRISTMAS WONDERLAND

BOOK ONLINE NOW!

Don't miss the chance to see all the
magic of Christmas in Cummins!

HOW TO BOOK

- VISIT WWW.EXPLORECUMMINS.COM.AU/CCW
- SELECT YOUR DATE AND TIME
- FILL IN THE FORM
- IF BOOKING FOR MORE THAN ONE PERSON, DON'T FORGET TO CLICK "BOOK MULTIPLE PEOPLE" AND ENTER THE TOTAL OF PEOPLE YOU'D LIKE TO INCLUDE IN YOUR BOOKING.
- CLICK "BOOK" AND DONE!

**DECEMBER 1-28, 2020
FROM 10 AM TO 5 PM**

CHRISTMAS DAY OPEN FROM 2 TO 5 PM.
SANTA WILL ATTEND FROM SAT 12TH TO THURS 24TH DEC
FROM 10AM TO 12 NOON.



Cummins Christmas Wonderland News



It is with much excitement and anticipation that the Wonderland Committee announce that this year's
Wonderland WILL GO AHEAD!

Very careful consideration was given to our COVID plan and it was decided that it could be managed.
Normal restrictions will need to be observed being, having 100 maximum visitors in the Institute, hand
sanitiser and 1.5 m distancing. We will also use COVID marshals and contact tracing sheets. Surfaces will
be wiped over regularly by volunteers.

As every one is looking forward to visiting the Wonderland, we know that visitors will comply with these
rules.

To have some level of crowd control the committee has decided to use an easy online booking system.
This will ensure that visitors will have the surety of admission at their preferred time on their preferred
day, and avoid the possibility of having to wait if the hall has reached capacity. Allotted visit times will be
one hour.

Instructions for online booking:

- 1) Visit explore.cummins.com.au/ccw
- 2) Select your preferred date and time.
- 3) Enter your details.
- 4) Don't forget to indicate the total number of people included in your booking! You can do this by
clicking the "Book multiple people" button, then the "By entering number of people" button, and
entering your quantity.
- 5) Click the "Book" button and it's done! You'll receive an email confirming your booking.

MORE VOLUNTEERS REQUIRED

The regular volunteers have all said they would love to help again but due to the Institute being a larger
venue and COVID rules, two volunteers per shift will be required. The shifts are from 10am to 1.30 pm
and from 1.30 to 5 pm.

We are in desperate need of a new set of faces, perhaps some new young grandmothers. Volunteers find it
very enjoyable to see old friends and meet new travellers all with very happy children.

Opening date will again be on Dec 1st, but closing date has been changed to 28th Dec.

Christmas Day open from 2 to 5 pm.

Santa will attend from Sat 12th to Thurs 24th Dec from 10am to 12 noon.

Large groups, schools and organisations must book online.

Entry is a very much appreciated gold coin donation. This
is our only form of income to enable us to offer you this unique Christmas
experience.

Looking forward to seeing you all.

For volunteering or any further enquiries, please ring Grace Coombs on 0408 832127





CUMMINS DISTRICT FINANCIAL SERVICES LIMITED AGM

MONDAY 2ND NOVEMBER 2020
8PM AT THE CUMMINS BOWLING CLUB
LIGHT SUPPER WILL BE PROVIDED

RSVP TO INGRID KENNERLEY –
CDFS SECRETARY ON 0427 762 608
OR VIA EMAIL – CDFS@LIVE.COM.AU



Community Bank
Cummins District



POSITIONS VACANT

Qualified Diesel Mechanic Qualified Automotive Mechanic

DIESEL MECHANIC REQUIREMENTS:

- Ability to work on a wide range of farm machinery
- Drivers license essential
- Air conditioner and truck license preferable, however not essential.
- Excellent Diagnostic Skills

AUTOMOTIVE MECHANIC REQUIREMENTS:

- Ability to work on a wide range of vehicles
- Drivers license essential
- Air conditioner license preferable-but not essential

Both positions require:

- Strong customer service ethic – professional presentation
- High standard of workmanship
- Ability to work in a team environment
- Good communication skills
- Commitment to safety and creating a safe work place

Bascombe AutoAg offers the following:

- Excellent remuneration package-above award wages paid
- Progressive agricultural dealership
- A reliable farming area
- Work on a variety of quality equipment
- Stable employment
- Smoke free workplace
- Friendly team environment
- A good family lifestyle at Cummins – offering excellent services.
- Offer training and support for these brands Versatile-Claas Lexion-Kuhn-Flexi coil-Goldacres-Deutz Fahr-Ag Leader-Davimac along with many more.

Applications treated confidentially.

For more information please contact Scott Bascombe 0427 762 980 or
Darren Kelly on 86762980 please forward a written application to:

The Manager, Box 127, Cummins, SA, 5631
Or email: dkelly@bascombeautoag.com.au

How do you think we could address these 3 insights with multi-million dollar funding?

We are in the Brainstorming process and would love to hear your ideas great and wide!

Refer to the "how might we" questions at the bottom of each insight and share your thoughts with us.

This is YOUR last chance to contribute ideas with us before we submit our plan.



Contact any of our team members
to have your say! Or via
mentallyfitep3@gmail.com
0411 813 328



Join your local walking group

There's a fun, free and easy way to feel happy and healthy.
It's walking – and everyone is welcome to take part.

Come along to our regular walks to meet new friends
and boost your health.

Join us every Monday morning at 9am,
at the Cummins Oval.

All welcome.

Visit walking.heartfoundation.org.au for more information

CUMMINS CONNECTION

INFO DUE
NOVEMBER
19th

For planned distribution on
Thursday Nov 26th

Please send content to
cdec@dclep.sa.gov.au

A seat at the table

Our Young People need to be included when it comes to talking about Mental Health, but they don't always feel their voice is sought, heard or valued in our community.

We heard in our community that young people wanted to be included in all parts of creating change around mental wellbeing in Cummins without fear of expectation.

During our research we began to learn that our community mental wellbeing cannot progress if we do not include young people in ways that is accessible & engaging for them.

41% *of Cummins Area School Students from Year 7-12 have a fear of meeting expectations*
– Cummins Area School data report

70% *There are perceived gaps in social connections & diet & fitness for the 13-17 year old age range in Cummins. Approximately 70% of respondents saw gaps in all services.*
– H&A report District Council of Lower Eyre Peninsula

“

“Our Pastoral Care teacher asked us what we wanted to learn; we are always going to be more engaged when we are heard & given a choice”
– Youth Advisory Committee Cummins Area School

”

“When students are experiencing issues the best thing to do is ask what they need & how we can help resolve it” – Mel Degner Cummins Area School Principal

!

*Young people are not engaged in volunteering in our community. Particularly evident in the 20-24 age bracket. **45 volunteer & 114 do not.*** – Seer data report

“

“We don't know about committees in our community because it's not advertised in the school” – Cummins Area School Student

How might we... actively engage (reaching-in, in vibrant & authentic ways) with diverse young people, demonstrating that we're really listening & involve them in decision making?



It's like a car with faulty brakes

Conforming to our drinking culture is having a significant trigger on our community mental wellbeing. We use alcohol & other drugs to cope when we feel we can't talk openly about our problems.

Learnings from our conversations in our community & local data has shown that alcohol & other drugs have a significant impact on our mental wellbeing across **ALL** ages. This is seen to be a "normal" culture in regional communities, including self-medicating.

We were told that people were using alcohol to be themselves, escape themselves, or be someone else. We also heard from our Emergency services that in **EVERY** emergency mental health call out there is alcohol and/or other drugs present. In August alone there was **three** callouts for suicide attempts.



Statistics show that alcohol-related deaths and hospitalisation are higher in rural & remote areas compared to urban areas. These can lead to depression, stress, anxiety & other mental health issues. It's common to use alcohol to try to deal with illnesses or stress. But alcohol can actually make things worse & can lead to other health & social problems
– Health.gov.au

“

“Alcohol and drugs are the biggest contributing factor to poor mental health in Cummins”
– Sergeant Brevet John Randall, Cummins

”

“Alcohol is the biggest problem in young people, there is a big drinking culture in Cummins”
– Youth counsellor at Cummins Area School

“

“Alcohol is always involved in mental health call outs”
– John Treloar, Head Ambulance Officer

How might we... as a community, reduce stress, stigma & anxiety, so we can feel free to be truly who we are (celebrate what's good & be open about what's difficult) without using alcohol or other drugs to cope?



A problem shared is a problem halved

While we maintain a culture of judging & talking about people, we will never be able to be a Mentally Fit community where we feel comfortable to open up & seek help. We can't rely on reaching in.

We learnt that stigma is felt & experienced by all. We as a community need to challenge & change our assumptions about the worth of others.

We heard that during significant life changes, transitions & challenges people are wanting to connect with others with similar experiences, so they don't feel so alone & pressured into Cummins social norms & expectations. People are only receiving help when someone recognises a person's struggles due to the knowledge they have from their own experience.

“

"A majority of families that have lost a man to suicide (or attempted suicide) was due to a relationship break down that they did not see coming. There is a gap in supporting men, they are expected to keep a tough face"
– Jen Snook, Stakeholder STANDBY

”

"We as a community certainly have unfairly profiled a few people (with mental illness). I would encourage anyone in the community to simply say hi, so these people feel valued"
– Sergeant Brevet John Randall, Cummins SAPOL

“

"Stigma is stopping people from seeking help, particularly men" – Dr Gerard Quigley, Stakeholder

”

"I feel like I can't whinge about what is going on because there are worse things happening in other people's lives"
– Cummins Community Member

!

"Young people do not want to tell their parents exactly what is going on because they feel like it is a burden"
– Mel Degner CAS principal

%

"Why aren't we talking about menopause and the affects it has on our body and mental health? We aren't going through it alone" – Cummins Community Member

!

In 2015, 29 students reported to be affected by social bullying. This has increased to 97 students in 2019.
– Cummins Area School data report

We learnt that 19 is a significant age to vulnerability for suicide & suicide attempts in Cummins.

Out of 34 respondents to our Farmer survey, 25 said they have reached out to offer support when they have recognised someone struggling. 16 of those felt ill-equipped to for the conversation and 6 out of the 34 respondents have never reached out to others. – Our Town Cummins Farmer Survey

Mental health stigma & discrimination has consistently been shown to affect help-seeking behaviour, particularly in regional and rural communities, where people are often reluctant to seek help for their mental health. People in regional settings are half as likely to seek mental health support than those in urban settings, which is due to the combination of stigma & a culture of self-reliance. – Our Town Literature Scan

How might we... reduce the stigma, embrace our differences & encourage each other to seek support & speak openly without shame, fear or guilt and alleviate the sense of burden felt?

CUMMINS AND DISTRICT WAR MEMORIAL SWIMMING POOL 2020/2021 SEASON

The latest news and updates from our local pool

The Cummins and Districts War Memorial Swimming Pool held their Annual General Meeting back in early September 2020, with plans in place for the coming season opening, but we are currently in desperate need of a filling our PRESIDENT's role for the coming 2020/2021 season.

If you would like to join our enthusiastic committee and be part of a very important facility for our Cummins Community, then please contact Jacinta Howell on 0429080185 or Heather Norton on 0429082650 to discuss further.

As our season opening is planned for Saturday, 31st October 2020 we are seeking Pool Supervisors for our summer season. This is a paid position that currently is worked on a Roster system, with a number of available qualified supervisors. Resumes can be emailed with all copies of relevant qualifications (AustSwim, Bronze Medallion, WWCC and details) and a current COVID Marshall Certificate (if over 18 years) to Catherine Haarsma at cumminsswimming@outlook.com.

The current Covid-19 pandemic restrictions and guidelines will impose a few changes to our community pool and its daily running and we will need to have a Covid-19 Marshall present every day when we are open to the Public. If there are any community members who would be interested in helping us by volunteering on a roster system to be the COVID Marshall, providing they have completed their training we would be greatly appreciative. Please contact Cathy Haarsma on 0427762309 if you are willing to help us keep our pool open during this summer.

OPENING SEASON RAFFLE

We have our OPENING SEASON 2020/2021 RAFFLE happening once again, which is going to be drawn late OCTOBER 2020

1ST prize: 1 x FAMILY 2020/21 POOL MEMBERSHIP- Valued at \$200.00

2nd prize: 1 x FULL HIRE OF POOL, BBQ AND KITCHEN FACILITIES – valued at \$210.00

3rd prize: 1 x SINGLE 2020/21 POOL MEMBERSHIP – valued at \$100.00

\$2.00 per ticket or 3 for \$5.00. Tickets can be purchased online by texting Cathy Haarsma on 0427762309.

EFT Transfer to: Cummins & Districts War Memorial Swimming Pool

BSB 633-000, ACC No.: 115125296, and Reference your name.

Tickets will also be able to be purchased around town in the weeks during October.

OPENING HOURS

Weekdays now from 4.00pm – 6.00pm

Cummins Pool will not be open if the temperature for that day is forecasted at 23°C or under.

On days of extreme heat the pool may stay open longer or re-open at 7.00pm, at the Pool Supervisor's discretion.

Please check the Cummins & District War Memorial Swimming Pool Facebook page, or contact the Pool before 6.00pm on 86762241 to confirm.

All these new changes are outlined in our new 2020/2021 Brochures that will be out in the community in the next few weeks.

2020 FIRE DANGER SEASON

commences in our region on

1st November 2020



Be Prepared, Be Bushfire Ready

Bushfire Information Hotline 1800 362 361 [TTY 133 677]



SUMMER CHECK LIST

- ☐ Maintain a 20 metre fuel reduction zone around your home (greater if on a slope) and within 5 metres of sheds and garages
- ☐ Clear around trees
- ☐ Remove leaves from the gutters
- ☐ Slash stubble near sheds / buildings
- ☐ Check Reserve Water Supplies
- ☐ Rehearse your Bushfire Survival Plan with YOUR FAMILY
- ☐ Prepare a Relocation Kit
- ☐ Ensure you have a portable BATTERY-Powered Radio AND spare fresh batteries
- ☐ Monitor Fire Restrictions AND Weather DAILY
- ☐ Understand the FDI
- ☐ Listen out for Warning Messages

www.cfs.sa.gov.au

1800 362 361

IMPORTANT INFORMATION for CUMMINS & DISTRICT

IN THE EVENT OF AN EMERGENCY:

- Remain calm
- Monitor the situation - download the AlertSA "app" to your mobile/smart phone or ipad
- Listen for updates on the radio
ABC am639 ABC am891 ABC am1485
5CC am765 89.9 MagicFM
have a battery powered radio and spare batteries for backup
- Bushfire Safer Place:
most of Cummins township
(for exact mapping details go to www.cfs.sa.gov.au)
- Community Nominated Refuge Facility:
Cummins Bowling Club
- Bushfire LAST Resort Refuges:
Coffin Bay Yacht Club
Kapinnie Oval
Karkoo Oval
Mt. Hope Hall
North Shields Dorward Oval & Memorial Reserve
Wangary Oval
- CFS Bushfire Information Hotline:
1800 362 361
- for more information go to:
www.cfs.sa.gov.au

Venus Bay Prawns

POP UP SHOP

Venus Bay prawns will be available for purchase at 70 Flinders Highway, Elliston. Our pop up shop will open from November 30th until December 11th, weekdays only.

Pre orders won't be necessary this year, as we will have a range of cooked and raw prawns to suit your needs.

Cash or EFTPOS available.



CONTACT US

For any further enquiries, please call
Steve Paul on 0427 455 471

KangaRural Mini Freight Service



Servicing Cummins Monday - Friday

All your freight needs!
Same day delivery from Port Lincoln available
- cut off time 2.30pm
call Shane 0428 179 331

Save the date!

CUMMINS COMMUNITY
CAROLS
SUNDAY, 20TH DEC. 2020



CUMMINS & DISTRICT WAR MEMORIAL SWIMMING POOL **COVID MARSHALS**



We're desperately seeking COVID MARSHALS,
or we will NOT open the pool.
If you or your kids intend to use the facility please
jump online and take the course <https://marshal.clickontraining.com.au> - it's quick and free.

Contact Cathy Haarsma on 0427 762 309 or Jacinta Howell on 0429 080 185 if you're willing to help out.

WE WILL REMEMBER THEM



Lest We Forget

This Poppy Day please

buy a Poppy, badge, Pen or Key-tag

or Give a Donation

Poppy Badge Day Friday 6th November

RSL Members will be outside

Cummins IGA from 9am to 2pm

&

Five Loaves Bakery from 9am to 1pm

EFT Donations can also be made at:

BSB 633 000 Account No. 112324876

Account Name: Cummins-Yeelanna RSL

The Poppy Appeal fundraises for
Veteran Support Services

THANK YOU for your Support

REMEMBRANCE DAY

WEDNESDAY 11 NOVEMBER

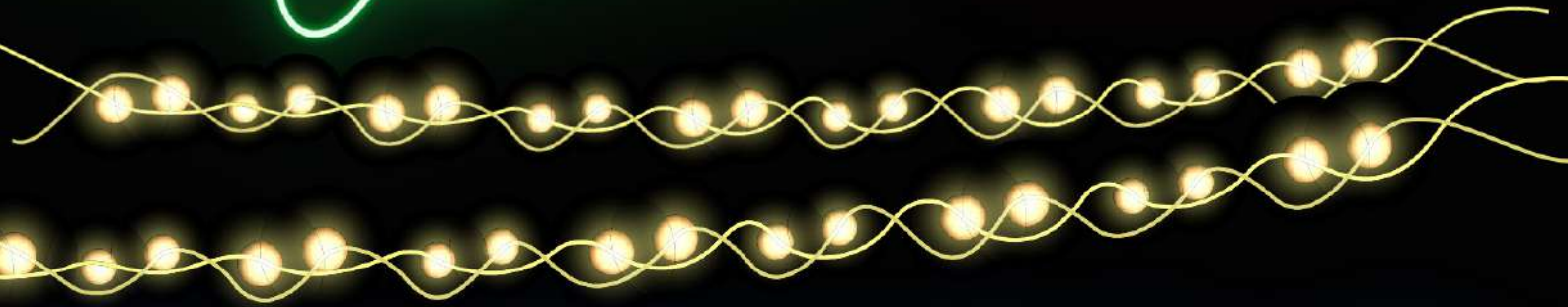
SERVICE 1045AM

MEMORIAL,
GARDEN OF REMEMBRANCE, CUMMINS

ALL WELCOME
PLEASE SOCIAL DISTANCE

Light it up
Cummins

December
2020



Christmas Festival Lights Competition

ADD SOME SPARKLE TO CUMMINS THIS FESTIVE SEASON! DECORATE YOUR HOME THIS YEAR WITH CHRISTMAS LIGHTS, AND REGISTER BY MONDAY 30TH NOVEMBER 2020. ENSURE YOUR LIGHTS ARE TURNED ON THURSDAY 17TH OF DECEMBER, 2020 FOR JUDGING. ENTRY IS FREE. ENTRANTS CAN REGISTER BY CONTACTING - AMANDA PUCKRIDGE ON 0439 851 744 OR EMAIL CUMMINSBP@OUTLOOK.COM.AU

FIRST PRIZE - \$250
SECOND PRIZE - \$150
PEOPLE'S CHOICE - \$250

proudly supported by



Community Bank
Cummins District
 Bendigo Bank





★ CUMMINS MEN'S SHED ★

Christmas Tree Order Form

Order No.:

The pallet Christmas Trees are back, get yours now! Fill out this form and drop it off to the Cummins Men's Shed, or by contacting Chris Jones on 0428 762 346.
 Cummins Men's Shed Opening Hours: Tuesdays & Thursdays. 9am-12:30 / 1:30-4pm

Name:
Mobile:
Date:

Size:

- ☆ Small (\$30)

☆ Medium (\$35)

☆ Large (\$40)
- ☆ Custom Size: _____

Cummins Hospital Auxiliary Update

We didn't hold a meeting in September
 We will be holding a meeting on
 Tuesday 17th November
 1.30pm

in the Conference Room at the Cummins Hotel
 Prior to the meeting we will have a lunch at the hotel,
 12 noon

if you would like to come to lunch it is important that you
 confirm your name with Leanne 0428877452 by 10th Nov.
 Unfortunately we will NOT be holding a Melbourne Cup
 Luncheon this year, but will be back in 2021



A Great Garden Garage Sale Saturday 31st October...9 a.m. 6B Octoman St. Tumby Bay

Plants, pots, nick-knacks, odds & sods,
bits and pieces

Check out the old fashion easy to grow plants & succulents

Zonta Club of Lower Eyre

Raising funds to.....

- provide incentive awards, to girls who show leadership skills in Tumby & Cummins schools & community.
- Assist disadvantaged women and girls locally and world wide.

What else can you do on Sat. 31st October in Tumby Bay?

Around the corner in Tenant Street.....

- Betty's Shop (Deb Blacker's gifts/home wares and indoor plants)
- Madelyn Carr's Art Gallery may be open
- St Margaret's book fridge/Street library is available for your use

In different direction, in Freeman St. the Museum is open until 12.00

A croquet Tournament is happening across from the jetty.

AND there are lots of places to have lunch.....after 6B Octoman St

COUNCIL NEWS

\$55,482 in grants awarded

Council has awarded a total of \$55,482 as part of its 2020/21 Community Grants program to local organisations and clubs.

The following bodies will receive Community Capital Support Grants:-

Big Swamp Community Centre - \$10,500 to construct a toilet block; United Yeelanna Football Club - \$15,000 to construct an activity and storage room; Point Boston Community Corporation Inc - \$15,000 to repurpose the obsolete water facility building into a community meeting place; Cummins Tennis Club - \$3,348 for rewiring/ lighting upgrade at Cummins courts; and the Coffin Bay Progress Association - \$3,334 for a swimming pontoon.

The Cummins and District Tourism Committee was granted \$8300 as part of the Community Reserves Support Grants to put towards the Cummins township entrance sign project for the sign at the southern end of Tod Highway.



New shelters for cemetery

The Friends of Cummins Cemetery group have had new shelters installed at the Cummins Cemetery. The shelters will also have decorative

concrete laid and bench seats installed. The gazebo construction is also currently underway at the Cemetery which is a Council project.

Employment opportunities

Applications are open for two permanent part-time administration roles within Council – a Works Administration Officer based in main Council office in Cummins, and Development Administration Officer based in the branch office in Port Lincoln. Applications close at 5pm, Friday, November 13 - for more information, including hours and job description, visit www.lowereyrepeninsula.sa.gov.au/council/employment

Australia Day Awards open

Nominations for the Australia Day Awards are open! The following awards recognise the contribution of individuals, events, organisations and businesses to our community:

- Citizen of the Year
- Young Citizen of the Year
- Young Sportsperson of the Year

- Community Event/ Community Organisation of the Year
- Business of the Year
- Employee of the Year

Download a nomination form and the guidelines from Council's website. Nominations close at 5pm, 30 November.

drumMUSTER

The next DrumMuster will be held on Tuesday and Wednesday, 27 – 28 October. Bookings are essential and can be made by contacting the Cummins Council Office on 8676 0400.

Coffin Bay cemetery works

Council has an allocation of \$40,000 in the current budget to undertake some works at the Coffin Bay Cemetery and are looking to form a consultation group of up to six (6) interested Coffin Bay residents to represent their community and provide input to shape the improvements. If you would like to form part of this working group email mail@dclep.sa.gov.au

COMMUNITY

Permaculture Fair

The Eyre Bioregional Permaculture Group will host a Permaculture Fair on Saturday, October 24 at the Big Swamp Community Hall from 10am-4pm. There will be permaculture plants, children's area with crafting and games, honey and bees wax products, presentations and demos, organic vegetables, preserves and olive oil plus sausage sizzle and refreshments. Kallinyalla Garden Centre will also be there with bee hotels, composting tools and more.

Retail traineeship funding

Regional Development Australia Eyre Peninsula is currently providing gap funding assistance for retail employers and eligible trainees to train in Certificate III in Retail.

This course is to be delivered by TAFE SA who is heavily subsidising the training costs. This gap in training cost of up to \$1,247 each is available to 10 eligible trainees which may also attract other State and Commonwealth incentives.

The RDAEP (gap) subsidies are only payable for eligible Training Contract Commencements and only after the trainee has passed the probationary period of ninety (90) days.

If your business is interested in accessing this funding and would like further information email peter.mitchell@rdawep.org.au or call Janene Piip on 0455 991 479.

Vacswim – enrolments open

Online enrolments are now open for Vacswim in Cummins & Coffin Bay with dates for each location as follows:

- Cummins – 14-18 December;
- Coffin Bay – 11-15 January 2021.

For further information, visit www.vacswimsa.com.au

Heart Foundation Walking

The heart Foundation Walking Group meets at the Cummins oval at 9am every Monday morning. All are welcome.

AGM

Cummins District Financial Services will hold its AGM on November 2 at 8pm at the Cummins Bowling Club. RSVP TO Ingrid Kennerley on 0427 762 608.

Open Garden

Helen and Mike Bowyer will open their garden 'Fiddlestix' with the support of Open Gardens SA.

Go along to 58 Holly Rise, Coffin Bay on October 24-25 from 10am – 4.30pm. Refreshments available, plant & craft stall, raffle kids play area and craft table (from 11am-1pm). Adults \$8, Concession \$6, Children under 18 free. Fundraiser for Coffin Bay Progress Association.

Op shop now open Mondays

The Cummins Op Shop will trial opening on Mondays from October (excluding public holidays). Open Monday-Friday 10am-4pm. All proceeds from sales are donated to local community organisations and in the last 24 years a total of \$240,000 has been given back. For more information call Jane on 0418 697 179.

Mental Health training

Free QPR (Question, Persuade, Refer) mental health training is available through the Country SA Primary Health Network website – www.countrysaphn.com.au

The training only takes 60min and will give you the knowledge and skills to identify warning signs that someone may be suicidal, confidence to talk to them about suicidal thoughts, and to connect them with professional care.

Child safe training

Centacare Catholic Country SA will deliver online Safe Environments for Children and Young People training over the next few months. Seven-hour sessions will be held on October 20, November 20 and December 8. Three-hour refresher sessions will be held on October 2, and November 17. To register please contact hwebb@cccsa.org.au