



Together We Are Safe, Together We Are Respectful, Together We Achieve

Wellbeing Wednesday #17

Each Wednesday we will be posting some exciting Wellbeing content for our community. This may include information about how you can support your children's and families' wellbeing, a snapshot on mental health issues currently prevalent in the community, or information about a local service in the area that might benefit you or your child.

This week's topic is Baking!

This week we are taking a break from wellbeing information to offer the suggestion at being creative in the kitchen instead! Lockdown might make us feel a bit flat, anxious, bored, angry, or any combination of those. While we can't fix that I hope some sweet or savory muffin creations might help. Personally, getting busy in the kitchen always makes me feel like I've accomplished something, plus you get to enjoy the benefits for the days (or hours) to come.

So firstly, here's a very basic boring muffin recipe, and then it's up to you to get creative and decide what you'd like to do with the blank canvas!

Ingredients

2¼ cups self-raising flour

¾ cup caster sugar

2 eggs

½ cup vegetable oil

¾ cup milk

Method

Step 1. Preheat oven to 190C (170C fan-forced). Lightly grease a 12 hole, 1/3 cup capacity non-stick muffin pan.

Step 2. Sift flour into a large bowl. Stir in sugar. Make a well in the centre. Combine egg, oil and milk in a jug. Pour milk mixture into the well. Using a large spoon, stir until just combined.

INSERT CREATIVITY HERE

Step 3. Spoon mixture into muffin holes. Bake for 20 minutes or until a skewer inserted into the centre comes out clean. Stand in pan for 2 minutes before turning out onto a wire rack to cool.

Some ideas

Everyone has their favourite muffin flavours, but I think half the fun is inventing what else to add to this recipe. However, if you'd like some safe ideas here are some suggestions (pick one, don't add them all or you might regret it!)

1. 1 cup frozen blueberries
2. 1 cup frozen raspberries and ½ cup white chocolate chips
3. A teaspoon of vanilla essence and ½ cup (or more) chocolate chips
4. A small tin of passionfruit pulp
5. 2 diced Granny Smith Apples, stewed, and a teaspoon of cinnamon

Or...

6. For Cheese and Basil muffins, leave out the sugar and add 1 cup grated cheddar cheese, ¼ cup finely shredded fresh basil, 2 finely sliced green shallots, 2 cloves crushed garlic and an extra 2 tablespoons of milk.

Enjoy your amazing creations! Please send through a photo of any young Masterchefs at work to the Woodville email address.

Have a great week!

Griffin Errey
Mental Health and Wellbeing Coordinator

Jodi Binion
Assistant Principal

Kids Help Line

Confidential and anonymous, telephone and online counselling service specifically for young people aged between 5 and 25. **Phone: 1800 55 18 00**

www.kidshelp.com.au/

Australian Government: Head to Health

Head to Health can help you find digital mental health services from some of Australia's most trusted mental health organisations. Provided by the Australian Department of Health, Head to Health brings together apps, online programs, online forums, and phone services, as well as a range of digital information resources.

headtohealth.gov.au/

Beyond Blue Support Service - Support. Advice. Action

Information and referral to relevant services for depression and anxiety related matters.

Phone: 1300 22 46 36

www.beyondblue.org.au/get-support/get-immediate-support

Black Dog Institute

The Black Dog Institute is a world leader in the diagnosis, treatment and prevention of mood disorders such as depression and bipolar disorder.

www.blackdoginstitute.org.au/resources-support/

Blue Knot Foundation Helpline (formerly Adults Surviving Child Abuse)

The Blue Knot Helpline provides information and short term counselling nationally via telephone for adults survivors of childhood trauma on **1300 657 380** and email helpline@blueknot.org.au ([link sends e-mail](#)) 7 days a week 9am to 5pm AEST.

www.blueknot.org.au

Butterfly Foundation

Butterfly provides support for Australians who suffer from eating disorders and negative body image issues and their carers. **Phone: 1800 33 4673**

thebutterflyfoundation.org.au/

Carer Gateway

Are you one of the 2.5 million Australians who care for a loved one, friend or neighbour? Find out information about the support services available to you, on the Carer Gateway.

www.carergateway.gov.au

Friendline

FriendLine is for anyone who needs to reconnect or just wants a chat. All conversations with FriendLine are casual and anonymous and our friendly volunteers are ready to talk about anything and everything.

friendline.org.au

Gambling Helpline

Starting to think gambling might be a problem? Find out about the signs of a problem and assess gambling issues and spending. **Phone: 1800 858 858**

<http://www.gamblinghelponline.org.au/>

Headspace

Headspace is the National Youth Mental Health Foundation. We help young people who are going through a tough time.

www.headspace.org.au/

Lifeline

24 hour telephone counselling service. **Phone: 13 11 14 or Text: 0477 13 11 14 6pm - midnight AEST**
www.lifeline.org.au/

Mensline Australia

A dedicated service for men with relationship and family concerns. **Phone: 1300 78 99 78**
www.mensline.org.au/

MI Networks

Offering access to relevant, up-to-date information, peer support and connections to local community networks, Mi Networks members provide a personalised response to the needs of individuals living with mental illness, their carers, friends and family members. **Phone: 1800 985 944**

www.minetworks.org.au/

1800RESPECT

National sexual assault, domestic family violence counselling services 24-hour online support for workers and professionals. **Phone: 1800 737 732**

www.1800respect.org.au/

PANDA - National Perinatal Depression Helpline

PANDA's National Perinatal Depression Helpline, funded by the Australian and Victorian Governments, provides vital support, information, referral and counselling to thousands of Australian parents and their families. Callers do not need to have a diagnosis of antenatal or postnatal depression to make contact with the Helpline, PANDA is keen to support any new parent struggling during pregnancy or after the birth of their baby, as well as their partner, family and friends. **Phone: 1300 726 306 from Mon – Fri, 9am – 7.30pm (AEST/AEDT).**

www.panda.org.au/

QLife

QLife provides Australia-wide anonymous, LGBTI peer support and referral for people wanting to talk about a range of issues including sexuality, identity, gender, bodies, feelings or relationships. **Phone: 1800 184 527**

qlife.org.au/

ReachOut.com

ReachOut.com is Australia's leading online youth mental health service. ReachOut.com is an initiative of the Inspire Foundation, an Australian non-profit with a mission to help young people lead happier lives.

au.reachout.com/

Relationships Australia

Relationships Australia is a leading provider of relationship support services for individuals, families and communities. **Phone: 1300 364 277**

<http://www.relationships.org.au/>

SANE Australia

SANE Australia is a national charity helping all Australians affected by mental illness lead a better life – through campaigning, education and research. SANE conducts innovative programs and campaigns to improve the lives of people living with mental illness, their family and friends. It also operates a busy Helpline and website, which have thousands of contacts each year from around Australia. **Phone: 1800 187 263**

<http://www.sane.org/index.php>