

Yorke Peninsula Leisure Options



JULY 2019 NEWSLETTER

Registered NDIS Provider

Office Hours 9am to 4pm, Monday to Thursday

57 Main St. Minlaton SA 5575

Phone (08) 8853 3834 and Mobile : 0400 532 552

Centre Based Groups, Tuesday to Friday

Minlaton

Yorketown

Edithburgh

Hello everyone

I hope you are managing to keep warm and well as we get through the coldest part of the year.

Our newsletter has a brand new look with our new logos and icon designs!

Over the past couple of months staff, volunteers and members have been providing feedback about what they liked about our old logo and what they wanted our new logo to represent. I have been providing this feedback and collaborating with Emma Hackett Design to come up with a new logo.

This grew into creating icons to represent our centre based groups and a fun logo that depicts where we are from, the support we provide and the activities we offer.



All of our groups have been very productive throughout Autumn. Over the next few pages we have photos of our members from each group participating in range of activities. Members have been producing amazing art work, delicious meals and some wonderful woodworking projects.

The Tree Propagation team have had a very successful annual sale held late in May and have improved processes to assist with propagating and learning the names of different species of natives

Our Fun & Games group have been having some great themes too, dress-ups and a game tournament are just a couple of examples..

Our Wood Shed Project Group have been continuing refurbishing cricket bats as a part of our partnership with Willo Industries. The group have refurbished over 100 bats which have been sent all over Australia and to Massachusetts USA for art exhibitions being held in Robertson NSW, Rainbow and Geelong

This photo is of our Living Skills members who made postcards to send with some of the refurbished bats, they came up with some encouraging words and wrote them on the back of the postcards before sending them to Willo Industries in Bowral NSW.

I hope you enjoy looking through this newsletter, if you have any questions, comments or feedback about our service please contact me on one of the numbers above.

Kind regards,

Tanya Walsh

YP Leisure Options Coordinator





Wood Shed Group held adjacent Minlaton Town Oval, West Terrace
Every Tuesday–10am to 2.30pm

Ange Clark from Willo visit the Wood Shed group. While she was there she took some footage of the group hard at work refurbishing bats for Channel 7's Summer Series, we are expecting this to be broadcast during the Cricket season.

I also visited Ballara Lifestyle & Art Retreat in Warooka for an afternoon of filming with some of the people who were a part of the Warooka Bats For Will Art Exhibition

Robyn (Staff member at Ballara), Mayor Darren Braund, June Faulkner (contributing artist) Steph Ball (Owner of Ballara) Vanessa Murdoch (contributing glass artist), Sue Germain (purchaser), Rob Smith (purchaser of the Nugget bat), Carol Woodham (from Willo).

Robyn, Mayor Braund and Tanya at Ballara,
Warooka talking about the Warooka Bats For Will
Exhibition



Shane Meldrum who has recently joined our Wood Shed group working alongside Richelle.



Shane is supporting Richelle to make a DVD tower, using an offcut to measure the distance between the rungs.
Richelle has a real flair for projects and is keen to learn how use many different tools. For this project Richelle used the Brad Air Nail Gun.

A HUGE Thank You to the **Minlaton Service Group** who have donated a Dust Extraction Unit to the Wood Shed. Improving our Wood Shed space was one of our goals for this year and this donation has really assisted us with working towards this goal!

We are going to Adelaide for this years Annual Trip for 2019

Our NDIS funded members can attend this trip using Short Term Accommodation funding to pay for accommodation, transport, activities and staffing to support their participation in all activities. Our CHSP and HACC funded members receive funding for Individual Support and One-Way Trips for transport. A contribution fee is also payable to cover the costs of accommodation, activities, meals and transport fee.

If you have any questions about the trip please contact me, phone numbers are on the front page.



Living Skills Group held at the Minlaton Town Hall

Every Wednesday–10am to 4.00pm

This group is for Capacity Building and has an additional 30 minutes for non-contact planning for each member.

This term has flown by! Our members are continuing to develop skills using devices for communicating and documenting. Our Morning Share routine provides each member a few minutes to share a bit about what they have been doing. Members are bringing in Artwork and Photos to share with their friends.

Emily is very skilled at using her iPad, she is typing our Journal Writing on her iPad and adding photos of the activities which has encouraged other members to do the same.

We have discussed setting SMART Goals, members have chosen various short term goals with cooking a meal in our new Air Fryer being a popular choice and we have chosen using iPads as our long term goal.

To support our members with these goals we have purchased a Phillips XXL Air Fryer and 10 new iPads.

Members choose what apps should be installed, ranging from Football apps to purchasing an Australian Money Game app.

During our grocery shopping and kitchen set-up activities we have focused on everyday living skills, checking nutritional information on labels, measuring and weighing and setting up the kitchen equipment





Fun & Games Group is held at the Minlaton Town Hall
Fortnightly on Thursday's-10am to 2.30pm



Bubble Machine
was a hit



Mothers Day



PJ Dress Up Day



Our Fun & Games group has had lots of activities!

Including holding a Mother's Day Stall at the Minlaton Town Hall, discos, dress up days and getting out to our local netball courts!

As well as a Games Tournament to showcase some individual skills



80s Disco
Party



WOW
What a costume



Tunnel Ball and
Goal Shooting



Games Tournament

UNO –Emily

Connect 4 –Kay

Charades –Clayton

Rock, Paper, Scissors –
Mary





Arts & Craft Group

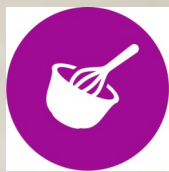
is held at the Minlaton
Town Hall

Fortnightly on Tuesday's—
10am to 2.30pm

Look at all the impressive art work
our members have been doing.

Members have
completed Emu Pastel
drawings, paper plate
butterflies, crepe paper birds,
swirling flowers, bottle top
flowers, lava lamps, water bottle
spirals, watercolour bears, peg
monster / dragonfly magnets,
bottle top flowers, pom pom and
nail polish coasters

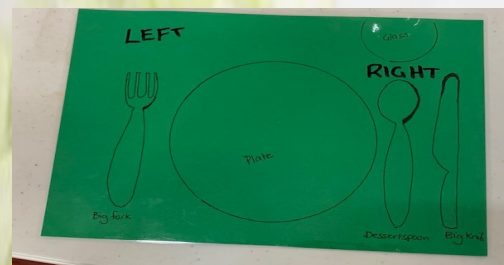
Skills we have been focusing on
are blending colours , following
visual prompts to complete
drawings independently.



Our **Cooking Group** is held at the Minlaton Town Hall Fortnightly on Tuesday's—10am to 2.30pm
Our members make a wide variety of cooked lunches and desserts. They are supported to develop and maintain a wide range of skills and make amazingly delicious meals. Emily's Chocolate Cake is sensational!

Set Up / Clean Up

We have introduced placemats with picture guides to setting up a table correctly. This has been a great tool for our members and works well



Dessert Group

Have been preparing some mouth watering desserts. Members are now given review sheets on all meals prepared to suggest changes and if they would like to make again!

Mains Group

Meals that have been prepared



Skills Group

Each members gets rotated through groups each fortnight. Members have been completing worksheets on measuring—liquids, dry / wet ingredients, Food Hygiene skills on what needs to be done before and after cooking. Storing food in cupboards or the fridge. Learning the difference between use by dates and best before dates and where to look for them on different foods.





Our **Tree Propagation Group** is held behind the Weaners Flat Hall, Stansbury Road, Yorketown
Every Friday – 10am to 2.30pm, except during the middle of Winter when the group is held fortnightly.
We collect seeds whenever possible and propagate shrubs, groundcovers and trees

Robbie, Geoff and Luke
cooking the BBQ



Annual Tree Sale



Our Annual Tree Sale was a great success with many members of the public supporting our group by purchasing plants and raising over \$900 on the day. From the sale members have been busy tree planting on a local farm and preparing our worksite for an extension of our benches and watering system. From monies raised we have also been able to purchase a thermal printer to enable members to create labels for each plant providing more information for buyers about their purchase. We still have over 400 + plants that need planting at Ballywire Homestead in the next coming months.

Planting onsite assists our members with broadening connections within our community as well as providing an opportunity to showcase the skill-set of our members. Great work team!!!

**Members have
New Work Shirts**

**Check out our new
labels on our trays**



Edithburgh Connect

Held during School Terms, every Wednesday at Light Church, Edithburgh

Catriona hosts this group to support members who attend to have social connections, create beautiful crafts and enjoy each others company in a welcoming environment.

Members are asked to make a gold coin contribution for tea and coffee

This group receives funding through CHSP and HACC funding initiatives.



Photos left and clockwise -

Jenny with her mosaic table top, Ann, with her mosaic table top, Angie, with her mosaic placemat, Donna with her handmade Christmas cards, Morry working on a model boat,

Below are some of our Edithburgh Connect members who participated in Cooking at the SYP Telecentre

From left to right are

Sue, Donna, Kate (from the SYP Telecentre) Keith, Catriona and Ann.

SYP Telecentre received a grant for Cooking with a community group. Lucky us!



Referrals for additional support can be made by ringing My Aged Care and speaking with the Regional Assessment Services team on 1800 200 422



The Department of Health released a New Charter of Aged Care Rights on the 1st of July 2019.

The new Charter provides the same rights to all consumers, regardless of the type of Australian Government funded care and services they receive.

The Key changes are that the Charter of Aged Care Rights is easy to read and focusses on 14 high-level consumer rights.

The new Charter makes it easier for consumers, their families, carers and representatives to understand what they can expect from an aged care service.

A new feature of the charter is the "Signing the new Charter" by providers and their clients. This is to show our service is not only providing you with a copy of the Charter but we also agree to abide by the Charter. Providers have responsibilities to support their clients to understand the new Charter.

Over the next few weeks we will begin completing our member reassessments, during this time we will provide our CHSP funder members a signed copy of the Charter and ask you to sign a copy to keep on file. Below is a copy of the Charter if you have any questions about the Charter you can speak to us during the reassessment process or call the coordinator to discuss.

Charter of Aged Care Rights

I have the right to:

- 1.safe and high quality care and services
- 2.be treated with dignity and respect
- 3.have my identity, culture and diversity valued and supported
- 4.live without abuse and neglect
- 5.be informed about my care and services in a way I understand
- 6.access all information about myself, including information about my rights, care and services
- 7.have control over and make choices about my care, and personal and social life, including where the choices involve personal risk
- 8.have control over, and make decisions about, the personal aspects of my daily life, financial affairs and possessions
- 9.my independence
- 10.be listened to and understood
- 11.have a person of my choice, including an aged care advocate, support me or speak on my behalf
- 12.complain free from reprisal, and to have my complaints dealt with fairly and promptly
- 13.personal privacy and to have my personal information protected
- 14.exercise my rights without it adversely affecting the way I am treated

The National Public Toilet Map

As part of the National Continence Program, the Toilet Map provides information on over 19,000 publicly available toilets across Australia, including accessibility, opening hours and facilities, such as showers & baby change

The Toilet Map is also available on on your mobile device at toiletmap.gov.au or you can download the official National Public Toilet Map App from the [App Store](#) or [on Google Play](#).

