



From the Coordinator

YP Leisure Options – 2016.

It only seems a few weeks ago we were celebrating Christmas and now the Easter break is upon us. This is a time when we organise vehicle servicing, equipment maintenance, the annual trip and other excursions. It is a time when most volunteers are on holiday, this year is no exception and we wish them a well-deserved break.

We have spent some time planning our activities for 2016 and have included suggestions and ideas you kindly gave us in the Client Survey and Focus group discussions we had late last year. You asked for computer group sessions, more art work sessions, add a music and drama focus, and bring down the cost of the annual trip. We have managed to meet most if not all of your requests and we will give you the news in future bulletins. In the meantime, check out the trip to the Adelaide Hills in this edition – great venue and a fantastic price. We have been asked if we will accept a few dollars per week or fortnight towards the trip costs.....Yes, Debbie will send out details about the process shortly. In the meantime, we wish all members, Carers, Volunteers and staff a safe and enjoyable Easter break.

Easter Holiday Break.

Please note the **Group sessions closed** for the **Easter holidays** are:

Tuesday 22nd, 23rd, 24th and 25th March (Good Friday)

Tuesday 29th, 30th, and 31st March, and 1st April).

Group sessions re-start Tuesday 5th April (Cooking Day)

New Members.

A big welcome to our newest members: Mandy Barnett (Pt. Turton), Phoebe Lower (Minlaton), and Tom Braund (Edithburgh). It's great to see new faces and we look forward to having you join our 'happy band'.

Staffing.

Unfortunately Steve Smith is unable to be with us this year, and Brian Marks has retired. We wish them well in the future. Our thoughts and best wishes also go to Sherryce Buckley and Elaine Hoyle who are not well enough to be with us at the moment. Wendy Corcoran is working elsewhere until April when she will re-join the Cooking Group team. Trees Group welcomes our newest volunteer Jessie Hickman from Edithburgh.

Trips and Excursions.

Thanks to several meetings and your efforts we can now finalise the 'Trips Schedule' for 2016. (See attachment to Newsletter). The member representatives on the Planning Group consists of Emily, Bev Venning, Wayne, and Cameron.

Fundraising Report

We are busy getting ready for one of our biggest annual fundraising activities – the Leisure Options Mother's Day Stall on **Saturday 7th May** from **9am – 12pm** at Minlaton Rest Centre (Main St, Minlaton).

We are hoping to sell a range of cakes and savory goods, including scones, cupcakes, muffins, biscuits and quiches. If you can contribute anything in the way of baked goods, we will be very appreciative. Packaging, such as meat trays are also useful. We will also have raffle tickets to sell (and be drawn on the day). If you are able to donate items to go towards prizes, please let us know.

Contact: Elouise on 8853 3830 or elouise.fehring@yorke.sa.gov.au

Thank you for your support!

The Fundraising Team

Prince Alfred College (PAC)

Michelle and Dale Hobbs have agreed to schedule the boys visits this year with reduced numbers. Apart from our visits to Wambana where there will be 16+ boys present, there will be about 8 boys on their visits to Leisure Options. We agreed this is a more workable number for us all.

The dates arranged for 1st and 2nd Term are:

- **Tuesday 24th May**(Arts/crafts) and **Tuesday 31st May**, (Ardrossan trip) and **Friday 3rd June**. (Trees)

Save the Date! Leisure Options Open Day

To celebrate 12 years of service and our move to Minlaton Town Hall, Leisure Options is hosting its first ever **Open Day** – and you're invited! To coincide with Volunteer Week (and to thank our fabulous volunteers) the Open Day is an opportunity to see our new facilities and the services Leisure Options has been providing since 2004. Formal invitations to follow, but for your diaries:

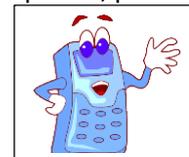
Date: Tuesday 10th May

Time: 12:30pm – 2:30pm (light lunch provided)

Hope to see you there!

If you have lost your mobile phone, please see Janet – one was

Handed in.



Signing In and Fee payments at the Reception Desk.

You will be aware Debbie is now taking your daily fees out the front of Reception . We need to have everyone sign the day's Registration Form too, and we thank you for your patience. It takes a little time but it helps us to have these tasks completed on your arrival each day and before you start morning tea.

Hot Weather Policy.

Unfortunately we have had to cancel a few sessions due to the extreme weather conditions. Our policy states we will cancel the group session if the 'forecast is 34C or above at Maitland 'as per the weather news report on the previous evening. The preferred TV channel is 9 News. If you are unsure please call the office – 8853 3830 – opens 8:30am.

Quiz Night

In November, Leisure Options held our first ever Quiz Night! Leading the charge was Nick, who not only organized the questions, but was our fabulous (and cheeky) MC on the night! We had a wonderful turn out, teams came prepared with their thinking caps and their delicious picnics – we ended up with a tie break! The true winner on the night however was Leisure Options – we raised \$600! This helps us inch closer to items on our wish list, in particular a digital TV.

It was a fun and entertaining night – thank you to the staff and members who helped on the night and to everyone who attended! Overwhelming feedback was that we do it again in 2016, but before harvest (and test cricket!) so stay tuned for a date around October.



Reception Hours (Change of hours)

Monday closed

Tuesday 8.30am to 3pm

Wednesday 8.30am to 1.30pm

Thursday 8.30am to 1.30pm

Friday 8.00am to 1.00pm

New woven Basket

There is now a woven basket to be collected by the Team Leaders each morning of the programs. In the basket there are toilet passes, milk, tea towels, dishwashing liquid, air conditioner remote control and a garbage bag. At the end of the day please leave the basket in the Reception Office or the volunteer room to be reorganized for the next program.

Reminder for Driver's

Please could **ALL** Drivers refuel the vans at the end of the day ready for the next Driver. Fuel (Diesel) for the Maitland van can be gotten at either the Maitland or Minlaton Depot between 7.30am and 4pm or with the fuel card from the Minlaton Service Station from 7am until 6pm. The Minlaton van (Petrol) can purchased with the fuel card at the Minlaton Service Station from 7am until 6pm.

Reminder for Group Leaders

Could all Group Leaders please empty the bins at the end of the day, 1 garbage bag will be put into the basket ready for collection with all the other items for when you first come in on the mornings to start the program.



Adelaide Hills Trip

Symons Retreat Centre—Nunyarra

This year for the Leisure Options Adelaide Hills Trip, we have a great opportunity to stay at Symons Retreat Centre at Nunyarra in Belair. The Retreat Centre is only 20 minutes from historic Hahndorf and 40 minutes from Melba’s Chocolate Factory. We have managed to secure a cost for the trip of \$185 per person. This price includes:

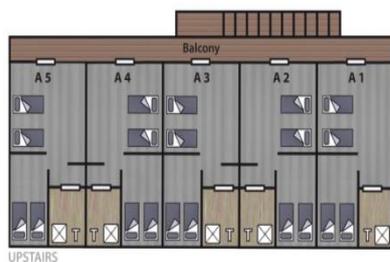
- Accommodation for 2 nights (linen included)
- All** meals for 3 days (breakfast, lunch, dinner, morning and afternoon tea)
- Access to the Turkindi room for relaxing (table tennis, movies)
- Belair National Park across the road for nature walks.

We have managed to negotiate a **fixed** price, which means that regardless of the number of people who attend, the price will stay the same!

We are very excited about this year’s trip—if you have any questions, please contact Janet or Elouise



Accommodation Total = 28



Nunyarra
Uniting Venues SA

Nunyarra Conference Centre
5 Burnell Drive
Belair SA 5052
P: 8278 1673
F: 8278 4117
e: nunyarra@unitingvenues.org.au
w: unitingvenues.org.au/nunyarra

Group News - updates.

Cooking:

Marie is doing a great job heading up the Group until Wendy returns. Whilst Janet, Deb and Rosie have taken a few turns in assisting, a few more helpers is most welcome. If you know anyone who will give a few hours each fortnight, please let Janet know.

Janet consulted with the group and a variety of menu's were chosen for the coming term. Marie and Deb have put them into a Term plan that will take advantage of seasonal fruit and vegetables. Also the 3 teams... 'mains', 'desserts', and 'preparation/clean up' has dropped off a bit since we left the Guide Hall. We are looking at developing new 'task' teams in this first term. Your ideas and input is welcome as always.



Fun & Games:

The Group are working through a Programme for the next two terms so that the 16 key activities are using our space at the Town Hall in the best way possible. The main hall is spacious and we can have a range of games in wet weather. The new activity areas are now air-conditioned and there is plenty of natural light for card and board games, as well as creative, mindful colouring.

The Wood Shed:

Brian and John and their team supporters have worked to prepare the Wood Shed ready for this terms activities. They have also built a second work station for our Computers in the Group Room. Thanks boys, much appreciated. We are pleased to see the new projects progressing and Brian has heaps of ideas and plans for projects in the future. We love the wooden boxes and stools Brian. We have also had machinery serviced, a general tidy up, and purchased new materials over the Christmas break. Also we have reviewed our Safe Operating Procedures and made some changes and additions.

Because of limited space and less volunteers who can work in the Wood Shed, we have limited the places to 5 people at a time. If you want a place in the future, please see Janet.

The Men's Shed

There are now 6 members coming to the Shed every fortnight, bringing with them their social activities and projects that they have been working on for home. The guy's from the men's shed have also been busy making the bench for the computer to go into the Group Room.



Tree Propagation:

Jan and Phil have worked with Janet on the programme for this year starting with our annual seed collecting field trip. We visited 2 areas in the Warooka region on 4th March to ensure a good balance of seeds from native trees and shrubs. Native vegetation covers over 66,000 hectares (34%) of Southern Yorke Peninsula and supports 55 plant species that are endangered, vulnerable or rare for South Australia. (NRM Fact Sheet No.2.014)

We had lunch under the shade of some gum trees on a farm and enjoyed the lovely breeze.

Further work include a tree planting Programme in the winter months and soon the group will be busy transplanting the new seed to tube stock in readiness.

The group is having their annual Tree Sale next month on Friday 29th April 11am to 2pm at the Leisure Options Nursery, Weaner's Reserve, Yorketown. Low prices and a \$2:00 Sausage Sizzle. Tell your friends and family.



Collecting seed at Warooka, March 2016

Edithburgh Group:

Lots of activities happening at the "Foot end" of Yorke Peninsula, Arts & Crafts, Cooking, morning teas, and lots of chit chat. Catriona and her team are seeking new ideas and willing to share their learnings and experiences with others. Contact Catriona direct for further information.

Art & Crafts

The Arts&Craft team have been busy preparing a programme for the next two terms and getting used to having their supplies on a range of shelving in the Store Room. Kathy states it will be easier to find items as they are now boxed in open sections. See at a glance'. Lots of new crafts in particular.

Living Skills Update 2016

I am so happy to welcome everyone back to 2016! By the end of 2015, we were adjusting to our new surroundings at the Minlaton Town Hall, but one month in and it's like we've been here forever! We've worked hard to clean up and build areas in the Hall that allow us to continue our good work achieving new skills and knowledge through our activities. Our first priority is getting back into healthy eating! Tanya and our lunch groups are trialing new, simple recipes that can easily be re-created at home, and so far we have enjoyed healthy pizzas, healthy burgers and healthy quiches – all served with delicious salads. Not only are we improving our understanding of nutrition, but building on our skills and confidence in the kitchen. We have also had fun with activities such as Theatre Sports! These games are an excellent way to improve how we communicate with others. Theatre Sports are an opportunity to explore thoughts and feelings, and practice expressing them to other people. They're also a good chance for a laugh! Just about everyone is an actor at heart (look out Oscars!)

Also, a big THANK YOU to John, Brian and the Wood Shed team for making and installing our new computer desks in the group room! We are so thrilled and eager to start using our computers.

This year will be another big year for Living Skills – already we have welcomed FOUR new members! As ever, it wouldn't be possible without the encouragement of our supporters – thank you!



Until next time – some of our Living Skills members. From left: Clayton, Emily, Katelyn, Leza, Richelle.

Back row: Mark, Daniel, Elouise, and Jess.

Elouise (*Leisure Options Team Leader*)

WHO'S BIRTHDAY IS COMING UP IN THE NEXT COUPLE OF MONTHS?

March

9th Emily Martin

5th Trudi Mason

9th Fernando Machadinho

13th Michael Firth

15th Paul Gaskell

April

5th Bev Venning

23rd Anthony Wardale

May

9th Leza Bernardi

10th Allen Mitchell

19th Mandy Barnett

19th Tom Braund

20th Daniel Bailey

20th Mary Thomas-Gerschwitz

June

21st Richelle Parsons

28th Kaye Pascoe



NDIS – informative extracts:

“**What is the NDIS?** It’s the National Disability Insurance Scheme. It’s a new way of supporting people with a permanent and significant disability. If your disability affects your ability to take part in everyday activities and you acquired it before the age of 65, the NDIS is almost certainly for you.

When will the National Disability Insurance Scheme (NDIS) be available in South Australia? The NDIS will be rolled out progressively across the state, based on your age and where you live, over the next two years. The NDIS is being introduced in stages because it’s a big change and it is important to get it right and make it sustainable. In South Australia, by July 2018, it is estimated that around 26,000 people will access the NDIS, including around 17,000 people from the existing South Australian specialist disability system. The agreement provides for another 6,500 people who are not currently receiving disability services to enter from July 2018 onwards. More information on the South Australian transition, visit at www.ndis.gov.au/sa

Information for families and carers

The National Disability Insurance Agency (NDIA) knows that families and carers, are partners in the support of people with disability. You provide help and support that cannot be provided by formal services or paid support workers. One of the core aims of the NDIS is to better support you in your caring role. Your views and experiences will be important in the planning process for the NDIS because you have a unique understanding of the person you care for.

If the person you care for requests it, you will play a vital role when the person you care for enters the scheme, helping with decision making about ongoing support needs, goal setting, assessment and the planning process.

We will be able to assist you with information about supports that are available to you under [other government-funded programs](#), including courses and peer-support programs.

Participant Plans

Each participant will have an individualised plan that is tailored to their goals, personal circumstances and disability support needs. The types of supports that the NDIS may fund that may have direct or indirect benefits for you as a carer include:

- personal care to support an individual in their home or the community
- supports to assist people with disability to enjoy social and community interaction without relying solely on you
- assistance with tasks of daily living, including help to improve a person’s ability to do things
- supported employment services and help for people to move to work programs that prepare people with disability for work
- training related to the caring role that may enhance your ability to provide care

Supports that maintain a carer’s health and wellbeing will also be considered. This support may include participation in a support group or a special interest network. In deciding whether to fund or provide a support, the NDIA will take account of what it is reasonable to expect families, carers, informal networks and the community to provide”.

For further information contact National Disability insurance scheme: 1800 800 110 or www.ndis.gov.au