

ANUHA BUZZ

Issue #13
June 2023



WELCOME TO COLIN TIDSWELL - CHIEF EXECUTIVE OFFICER

Colin commenced on the 19th of July 2023. The Chief Executive Officer is responsible to the Peace Lutheran Church Gatton congregation for the strategic leadership and effective day to day management of the organisation. The Chief Executive Officer will work with Church Council to ensure that Anuha's vision, mission, values and strategic plan are implemented.

Colin joins Anuha with a background of extensive management experience, with a career spanning more than twenty-five years in the not-for-profit sector. During this time, he has been the Chief Executive Officer of not-for-profit community organisations. This experience has included; delivery of social and community services such as disability, housing, aged, health, youth and community development to vulnerable groups in the community.



Colin with DJ cutting his welcome cake

FROM THE CEO – COLIN TIDSWELL

Hello all,

As the new CEO of Anuha I would really like to thank all the staff, participants, families, Peace Lutheran Congregation and all of you for the very warm welcome I have received since my arrival, it has been lovely.

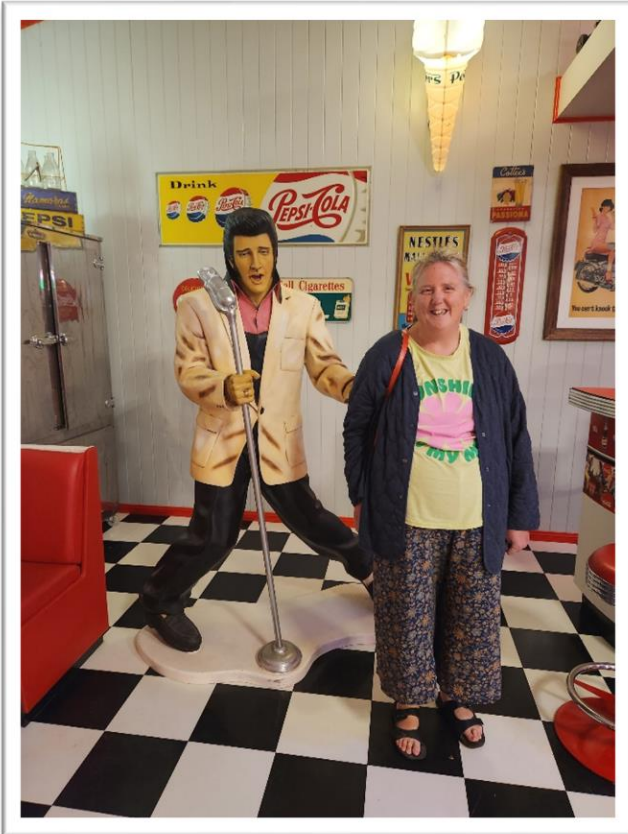
I would like firstly to acknowledge the past CEO Robert Evelyn for all of his hard work and service to Anuha.

There are many changes happening in the world of community services, aged care, housing and particularly in the disability services. There are major changes underway to Supported Employment and significant changes to the way the NDIS is delivered. I see change as a positive thing that brings opportunities. I believe there are so many of these opportunities for Anuha as we move forward. I look forward to taking that journey with you all.

Colin Tidswell

OUT & ABOUT









Tammy and Jodie with their support worker Maddie, meeting for a picnic with all the trimmings at Gatton's Littleton Park.



Jodie, Samantha and Tammy are enjoying their Friday night dinner group outing at the Colonial Cafe at Lake Apex.



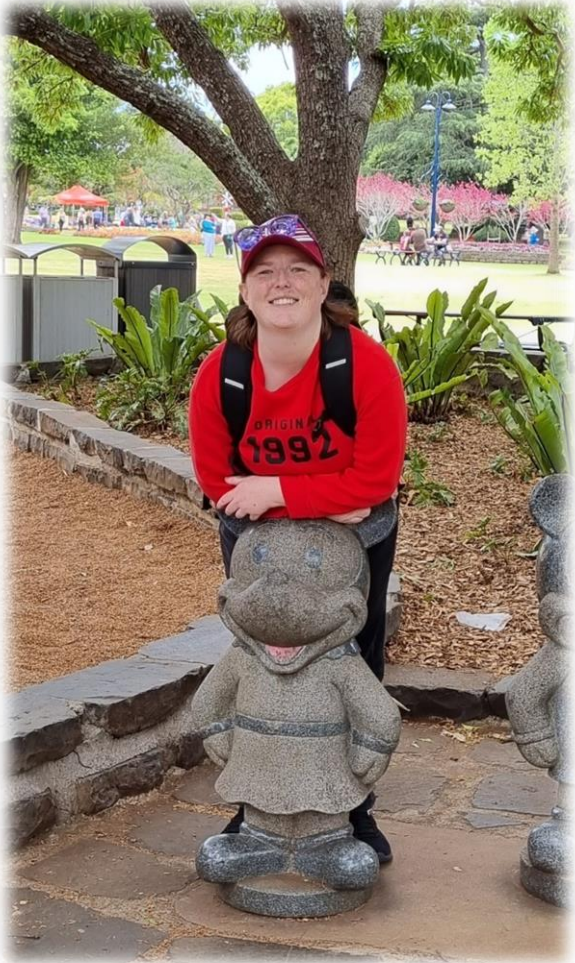
Jodie booked into Hair with Soul for some highlights to welcome in Spring.

Sam with Support Worker Jodie's pups Cooper and Rubee.

Cooper is the white and tan and Rubee is the little red. Sam really did enjoy herself.



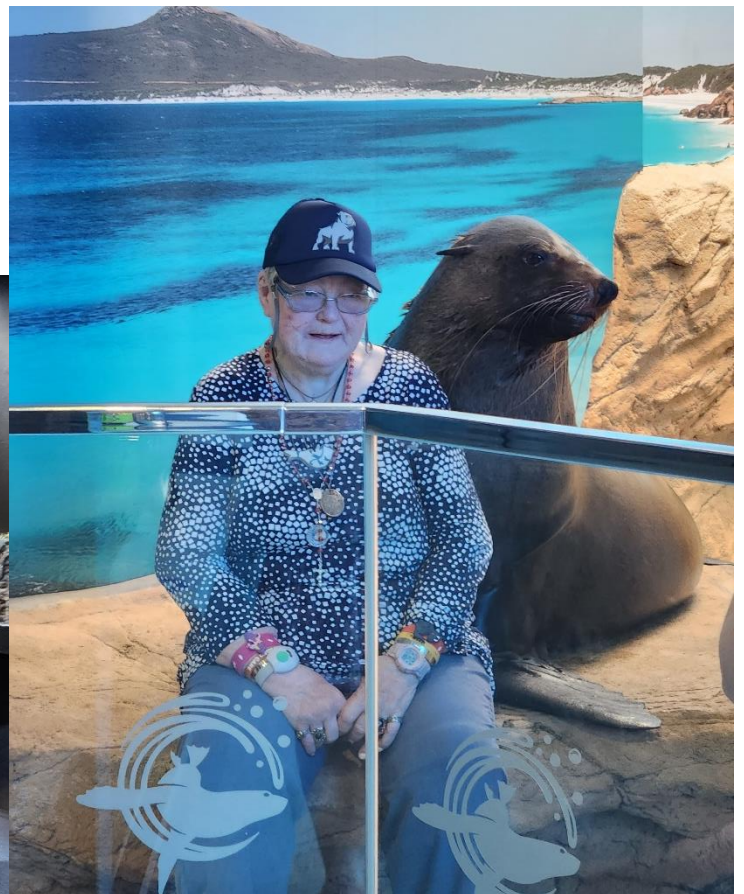
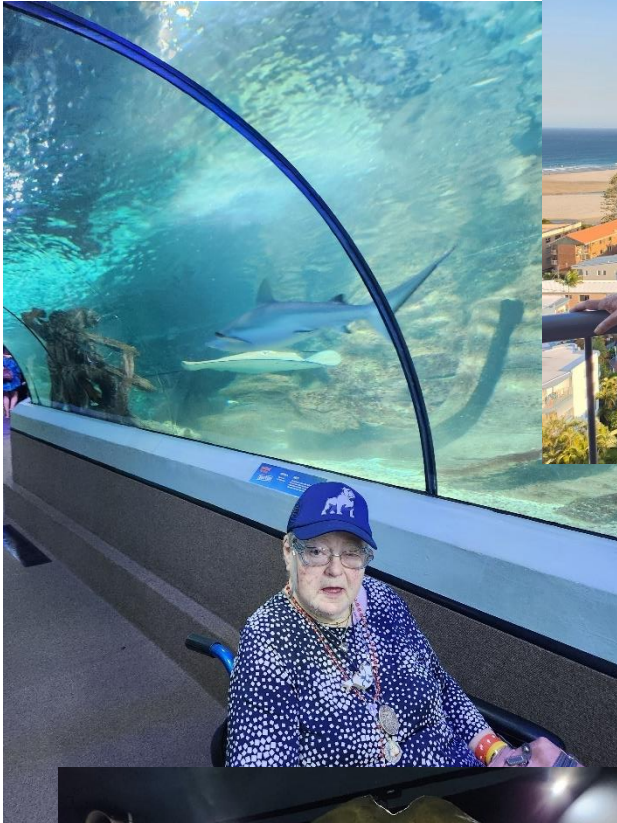
CARNIVAL OF FLOWERS





RUTH'S GETAWAY

Ruth & Helen stayed at Centrepoint Apartments at Caloundra and visited Sea Life at the Sunshine Coast.



RUTHS GETAWAY CONTINUED....



Starting the day off with a healthy breakfast!

Helen made this book for Ruth with all her holiday photos.

Ruth loves it and can't wait to show people.

Ruth said she can't wait until her next holiday.



DUGAN TURNS 40!



Dugan Manthey spending his 40th birthday amongst the things he loves.



LES NEWS

A Message from the Lifestyle Team,

The Lifestyle Enhancement Team is moving full steam ahead with additional activities for participants to be involved in. The new Craft Sessions running fortnightly on Tuesdays from 9.30am to 1pm have capacity for more to attend so please contact your Team Leader if you are interested. Additionally, we have a movie outing on alternate Tuesdays which provides the opportunity to keep up to date with all the latest viewings.

We are also hoping to commence the “Off Roaders” outings in the very near future and these outings are for the more adventurous participants. Activities such as hiking, camping at Crow’s Nest Falls, Captain Logans Inlet, Murphy’s Creek and day trips to Willow bank Raceway and RAFF Open Days are just some of the planned activities on offer. If you would like more information on any of these outings, please contact the office to speak with a Team Leader.

Participants have been accessing Respite / Short Term Accommodation from their NDIS Plans and have enjoyed destinations such as Surfers Paradise, Caloundra and Mooloolaba, as well as fishing trips at Jacobs Well and visiting Movie World, Sea World, Dream World and Wet n Wild.

These trips can be tailored to suit your individual needs and goals and your support worker can assist you to explore your options. The cost of Respite / Short-Term Accommodation trips are charged to your NDIS Plan and include your supports, accommodation, grocery allowance and negotiated activities.

We are also currently seeking expressions of interest from participants who are interested in cruising. Cruises on offer include a 4-night Whitsunday cruise travelling from Brisbane to Airlie Beach and returning to Brisbane. Alternatively, a 7-night Great Barrier Reef cruise departing from Brisbane and visiting Willis Island, Cairns, Airlie Beach and then back to Brisbane is also on offer. Both cruises are onboard the P & O Pacific Encounter and departure dates would be early 2024. If you are interested in any of these options, please contact our office to discuss.

The excitement is building for the upcoming Groundwater Country Music Festival being held at Broadbeach on the Gold Coast in October. We have fourteen participants attending this year along with seven lucky support workers. Staying in luxurious accommodation on the doorstep of the festival, I’m sure that everyone will have a fantastic time.

CRAFT TIME!



Duck Planes!



EMPLOYEE OF THE MONTH!



Meet Freckles, a two-year-old Australian Cattle Dog who recently took up residence in one of the front offices at East Street. Freckles is recovering from hip surgery after running into a retaining wall chasing a ball.

Freckles believes that she deserves the title of Employee of the Month due to the pivotal role that she has played since she arrived.

Warming people's hearts and making them smile is a role that whilst unpaid, Freckles takes very seriously, and she wants to thank everyone for making her feel so welcome during her employment with Anuha.



TRAVIS THE GARDEN GURU!



Travis has been enjoying his new garden beds. Planting and watering them with care.



BOWLING



Some of our Anuha bowlers participated in the Queensland State Disabilities Ten Pin Bowling Championships in Toowoomba during the 4 day competition held in Toowoomba.

Christopher Price, Jodie Miller, Maurie Kelleher, Sam Matthews and Tammy Kent enjoyed the 2 days that they bowled and all came home with at least one medal each.

Jamie Haupt & Karnie Taylor both had a great competition, both qualifying and playing in the Masters competition on Sunday and both winning several medals and trophies for their squads over the 4 days. Congratulations to all our bowlers. You should all be very proud of yourselves.

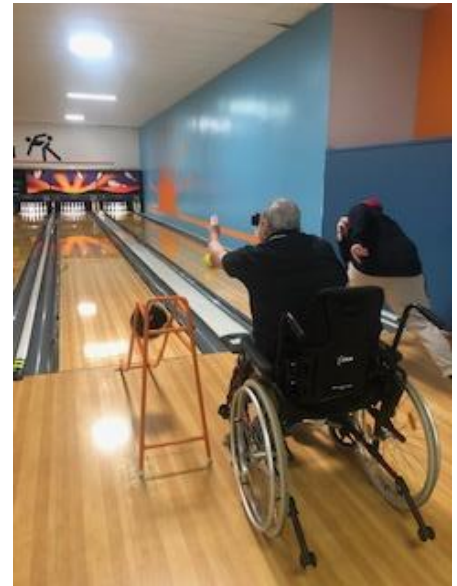


BOWLING CONTINUED...



Phil has a very competitive streak, and the staff challenged him to a game of ten-pin bowl at Sunset Bowl Toowoomba, and he accepted.

Phil told staff he hadn't bowled since his accident and couldn't contain his laughter when he bowled two strikes in a row.



Tammy 1st D Grade all events
and 2nd D Grade singles

Sam 1st C Grade all events and 1st



Tammy - Disability Championships



MAKING MARATHONS LOOK EASY!

Meet Vicky – Anuha’s Business Manager

She recently completed the Sunshine Coast half marathon
on 13 August 2023.

Running 21kms and still has a smile on her face!

Well done!!!



LAIDLEY SPRING FESTIVAL



Cathy enjoying a day out at the Laidley Spring Festival



CONTINUED...



PHYSIO WITH JODIE

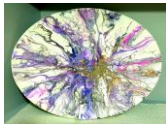
Anna, Jodie's Exercise Physiologist teaches Jodie how to stretch before and after each walk to assist the hamstring to prepare for the walk and relax afterwards.



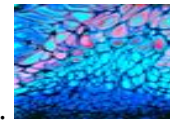
ACTION SHOT OF MATTHEW FISHING AT LAKE DYER!



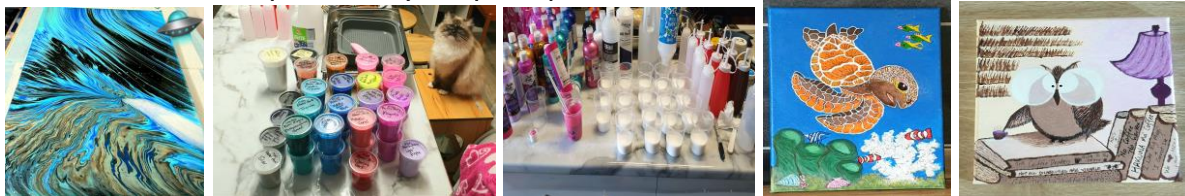
SUPPORT COORDINATION



How the NDIS Supports Art Therapy.



Sharing the good news of alternative therapies approved through NDIS with the right kind of support! Sometimes getting funding approved through the NDIS can be confusing and difficult to navigate. However, with the right kind of support and NDIS know how anything is possible. An Anuha Support Coordination participant has been supported to receive NDIS approved Art Therapy funding. The Participant lives with a psychosocial disability and with the support of her Anuha support co-ordinator and Allied health Therapists has been approved funding through NDIS to manage her disability through Art therapy. The participant is approved to purchase art supplies through her CORE funding Consumables (Cognitive support Line item). Practicing and creating beautiful artworks with her Support workers. Art therapy is overseen by the participant's Mental health Allied therapist's (Occupational therapist and Psychologist), also funded through NDIS. Wonderful creations produced by the participant & funded Art supplies.



Anuha Support Co-ordination Participant says: *"I find painting, drawing & doing all kinds of different art as therapy is very helpful with my disability. I encourage anyone to have a go for fun, for relaxation or as a distraction when feeling anxious or overwhelmed. Art Therapy can help some of us, like me, learn to be comfortable accepting praise from others, who appreciate the art I do. I have learnt that there is no right or wrong with art, we just have to let ourselves enjoy whatever we do, know we are worthy of having fun & learning new things that help build confidence. I'm so very grateful I have found an activity like Art Therapy, that can help me regulate mentally, stimulate my mind positively, learn to relax & enjoy creating art"*.

Art therapy is a therapeutic technique that utilises creative expression in all its forms with the aim of improving a person's physical, mental, and emotional wellbeing. Art therapy has been a recognised and regulated practice across the world since the 1940s. Today it continues to help people of all demographics as it aims to help participants to manage needs, provoke clarity, process feelings, reduce stress and increase self-esteem. According to the Australian Institute of Health and Welfare, 32% of adults with disability experience a high or very high level of psychological distress compared to the 8% of people without a disability experiencing the same levels of distress. Creative art therapy is proven to help people with physical disabilities as it helps them to refine their fine motor skills and assist with special awareness. It also addresses the associated psychological and emotional stress experienced by people with physical disabilities by building lasting and healthy coping mechanisms and improving self-esteem. For those with psychological and / or intellectual disabilities Expressive art therapy has proven to improve behavioural difficulties and shown to improve their ability to complete developmental tasks and maintain relationships. The National Disability Insurance Scheme (NDIS) supports people with long-term and significant mental health difficulties with lifelong funding, allowing you to work towards your recovery objectives and live with hope and optimism. Funding for NDIS art therapy can be accessed depending on your recovery goals. Under the NDIS, art therapy is provided as an allied health service and can be incorporated in your NDIS budget with the help of our team of experienced Support Coordinators.

Tracey Porter
Support Co-ordinator

FIRST AID

Our MRF Recycling & Floor Supervisors
Brendan & Kiah at their First Aid/CPR
training.



Gatton, Lockyer Valley Regional

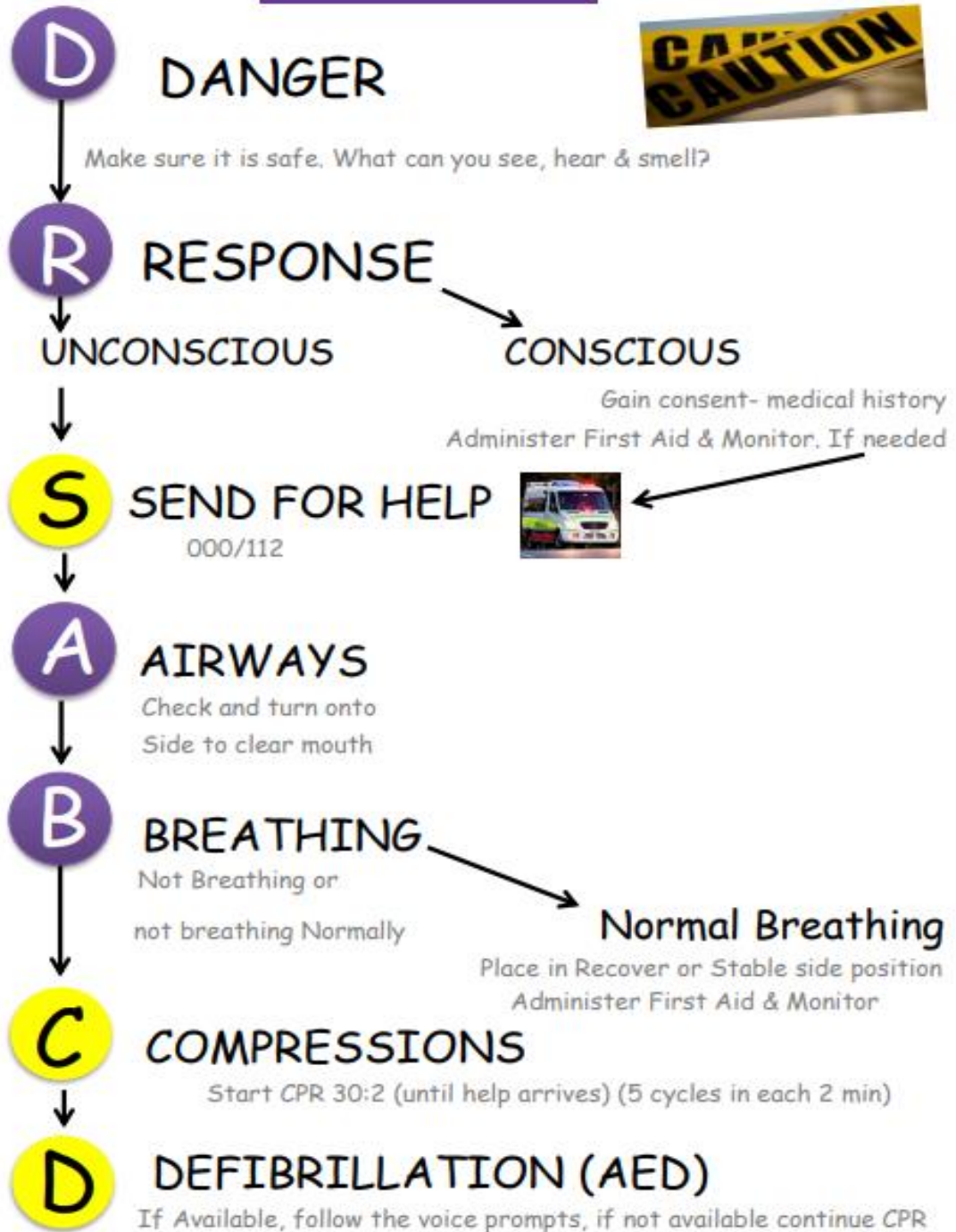
Poison Information Centre	<u>13 11 26</u> 24/7 Australia Wide
P.I.T (Pressure Immobilisation Technique) Snake Funnel Web Blue ringed octopus Cone shells	Venomous Snakes 
ICE Redback Bees, Wasps Ants, Scorpions & Whitetail Spiders	
Vinegar Irukandji/Irukandji syndrome Box Jelly	
Heat Stone fish Bullrout Stingray Bluebottle	
Freeze Spray Ticks	

B-Ready
First Aid



Gatton, Lockyer Valley Regional

Action Plan



Legend ● Action ● Check

PH 0412 367 072

EMAIL: b.readyfirstaid@gmail.com

www.b-readyfirstaid.com.au



FROM THE CHAPLAIN

Newsletter Devotion September 2023

¹ *Hear my prayer, LORD; let my cry for help come to you.*

² *Do not hide your face from me when I am in distress.
Turn your ear to me; when I call, answer me quickly.*

...

²⁷ *But you remain the same, and your years will never end.*

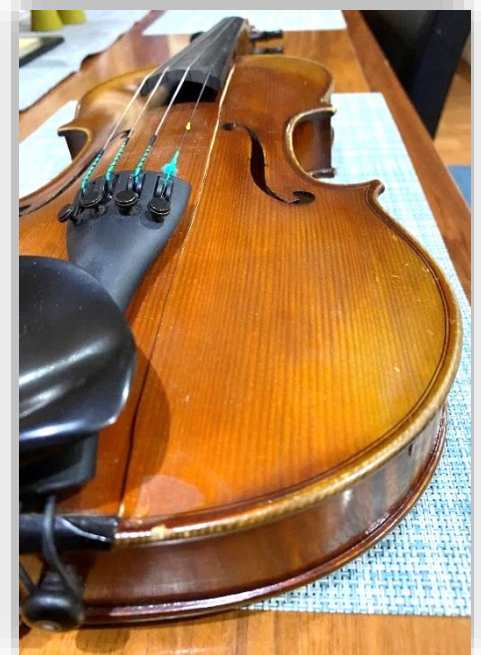
²⁸ *The children of your servants will live in your presence;
their descendants will be established before you.*

Psalm 102:1-2,27-28

Psalm 102 is a prayer of someone who has grown weak and pours out their heart to God in a lament. In the case of the Psalmist, their lament is about their health – they are ill and facing death. But there are many things in life that bring us to lament.

The picture above is – was – my daughter’s violin. She loved that violin and the sound it made! But one day it slipped off a chair on to the floor and split lengthwise along the sound board. You may be able to see the split line in the photo above.

And it was so bad that it can never be restored to what it was. She laments the loss of that beloved violin!



Change is a part of our life in this world. We grow older, and we grow old. Our bodies may not have the same capabilities they once did, and we may lament that loss. We may lament lost opportunities to do something we wanted. We may lament a change of job, or a change in our group of friends. We may lament having to move to a new home. There is no end to the changes that can happen, and the laments we may raise.

But as the Psalmist realised above, God is constant. He doesn’t change. And he is with us always. In fact, at the end of the Gospel of Matthew, Jesus promises his disciples (and us), “*Surely I am with you always, to the very end of the age.*” (Matthew 28:20)

As we encounter change in our lives, we can be assured that God is with us to help and bless us, and his love for us doesn’t change. That means we can face the future, and all the changes it brings, with hope! God will still be with us, and God will bring some new blessing to us in that change. In the case of my daughter’s violin, she ended up with a new and better violin. When we move to new homes or new work, we discover new friends and new opportunities. That old may be gone, but something new comes that may just be better than before!

May God bless you in all the changes of life. May you find something new and good in every change. Amen.

Peace and joy to you always!
Pastor Noel

NDIS FRAUD

Dear All,

Bill Shorten the Minister responsible for the oversight of all things NDIS has announced a crackdown on NDIS fraud.

Fraud can range from but is not limited to:

Making claims to the NDIS for products or supports not provided to participants:

- Using and issuing fake documents or invoices.
- Misusing funds.
- Falsely claiming travel or other entitlements.
- Theft.

Scams can range from but not limited to:

- Illegally changing bank account details.
- Illegally obtaining your information and issuing false claims against your NDIS plan.
- Sending fraudulent messages and emails encouraging you to click on a link which enables theft of your personal details.
- Calling participants claiming they are from the NDIS or other Government departments requesting personal details, money or payment of a debt.
- False calls claiming that access to your NDIS funds will be stopped unless you pay a debt owed to the NDIS.

Fraud and Scams cost the NDIS (and taxpayers) millions of dollars annually, adversely affecting the way in which the NDIS operates.

Suspected Fraud and Scams should be reported to the NDIS without delay. There are specialist NDIS investigators who follow up these matters.

You can do this by emailing the NDIS at fraudreporting@ndis.gov.au or by calling the NDIS Fraud Reporting and Scams Helpline on 1800 650 717.

STAFF GOODBYES

Since our last Newsletter we have had some staff move on to new opportunities:

Jacinta McMahon our Supported Employment Team Leader's farewell:



Robert Evelyn's retirement farewell :



MRF NEWS

The team at the MRF recently spent some time at Apex Lake. This was a good opportunity for the group to connect with the environment and the community we serve. It was a lovely sunny day with plenty of flora and fauna to appreciate. All those who attended enjoyed having a long lunch and good conversation.

It's coming into NRL finals. NRL is always a hot topic of conversation amongst the group. The group keep right up to date with which team is on top of the leader board. The State of Origin series was also a most enjoyable time. Most of the group were happy with the end results.

We're sad to see a couple of our work mates go. Dale and Corey have moved on. We wish Dale and Corey all the best for the future.

We're also sad that our Supported Employment Co-Ordinator Jacinta has left the organization. Jacinta was very caring and kind to all and she will be missed greatly. There was a BBQ held onsite at the MRF to farewell Jacinta and the other team mates.

It was also a time for us to thank everyone for their hard work onsite as well as welcome our new CEO Colin. We would also like to welcome our new support worker Caryn to the MRF. Caryn is settling in very well and always has a smile on her face.



Group Outing: Lights on the hill



Farewell Cake with Jacinta



Welcome Caryn!

GO QLD!!!!



COTTAGE INDUSTRIES

The kitchen is a wonderful place to be in spring. Our team is enjoying the challenge of supplying delicious home-made jams to our staff and our community. Since our last appearance in “the BUZZ” we have been involved in many activities including appearing in the Gatton Show where we introduced our jams to many people.

We have also taken our products to Gatton Square Plaza where we offered free samples of selected jams to the community and sold some of our jams and gift packs. We are working hard to promote our enterprise in the local community and offer thanks to the businesses who sell our jams as a service to Anuha.

We are delighted to welcome Corey Hilan as a new and valued member of our team. Corey is enjoying trying his hand at jam making and has proved to be quite a professional jam maker.

We were sorry to see Jacinta, our team leader, leave to start a new phase of her life and wish her all the best.

Our new CEO, Colin Tidswell, has taken our team under his capable leadership (Colin’s hobby is making jam). We thank him for the time and effort he takes to bring us delectable supplies of fresh strawberries and to offer suggestions of how we can improve our methods and sales. He and Vicky are in the process of having our labels redesigned and we are also looking at redesigning our gift packs – and even our name – we will soon have an entirely new face.

Well, that’s all from us for this edition and we’ll “weigh in” again in another BUZZ.



Corey, DJ, Judy, Susanne, Jamie & Darelle.
Outside Coles Gatton – Selling their famous jam!

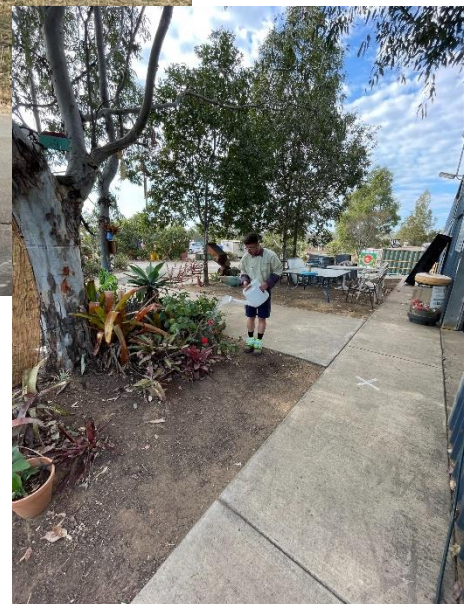
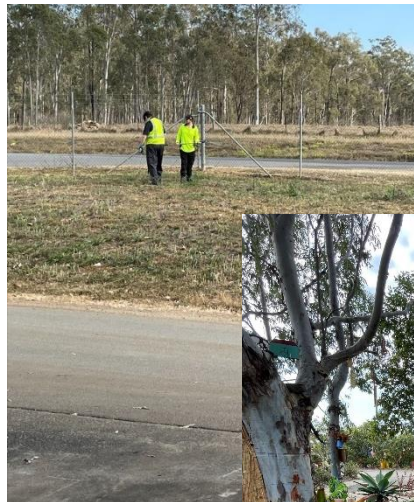


TIP SHOP NEWS

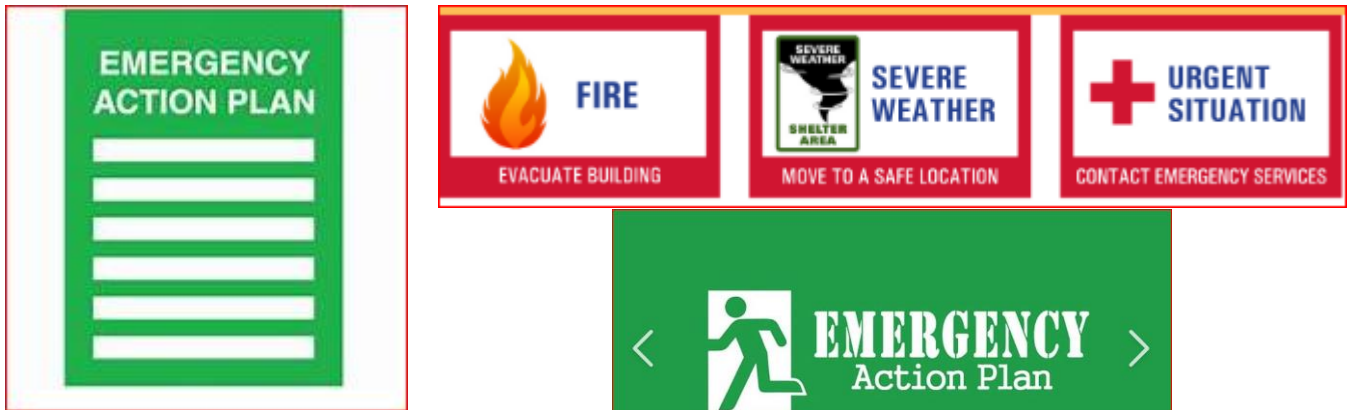
It's been a very busy time at the Tip Shop. Staff and volunteers have been working very hard to keep the place clean and tidy. The team have been adding to sensory garden and it's starting to look lovely.

We've had lots of great vintage stuff come through in the last month & lots of other great other donations. Thanks to all the staff and volunteers for the great work. Keep it up &ce

Thanks, Mark



PERSONAL EMERGENCY PLANS



What is a Personal Emergency Plan?

A written set of instructions that outlines what you should do in an emergency. The plan should be designed to your personal needs.

As we move into summer with the potential for temperatures in the 30 degrees and perhaps rain and fires we should plan ahead and consider:

- What route would I take if I needed to leave my home in an emergency ?
- Draw a plan of this route and share it with your family?
- On the plan include if you need help or assistance and what type of help you need.
- Locate a safe area for you to move to?
- Emergency phone numbers.

Have a bag packed of essential items such as:

- Torches
- Medication and Prescriptions
- Batteries
- Change of clothes.
- Contact details of friends and families.
- Bottles of water.
- A copy of your emergency plan.
- A copy of insurance documents, bank details Pension and Medicare Cards
- Nonperishable food.
- Toiletries’.
- Insect repellent.
- Hat.
- Phone and Charger
- Wallet or Purse.
- Copy of birth certificate passport.

Talk to your support worker or a family member to help you prepare your Personal Emergency Plan.

If you would like a copy of Anuha’s Emergency Household Plan please contact admin@anuha.com.au or phone 54623272 and ask for Jenny.

OUT AND ABOUT

Anuha Group Outings - Fortnightly on Fridays



All activities will be conducted according to COVID-19 guidelines and may be subject to change. Anuha will notify you if this applies to an outing of your choice. For outdoor activities, a final decision based on forecasted weather conditions will be made on the Wednesday before the outing. Departure and return times for each activity will be confirmed closer to the date.

Please wear sun smart clothing and bring a water bottle, hat and sunglasses on every outing. Covered shoes suitable for walking are recommended.

By signing below, I agree to participate in the activities which I have selected. I understand that support will be charged to my NDIS Plan at a Group Ratio dependant on numbers attending (1:1 support can be organised if required). Transport costs will be shared amongst participants attending each outing.


Please select *all* outings you would like to attend and return your completed flyer to the Anuha office.

Name:

Signature:

Date: / /2023

DATE	EVENT	APPROX COST	OTHER EXPENSES	YES	NO
14/07/2023	The Barn and Scotty's Garage Depart 9 am, return 2 pm	\$10 entry \$20 lunch	Transport approx. 70 km		
Saturday 22/07/2023	Gatton Show Details TBA	\$8 entry, money required for food, rides, sideshows	Transport approx. 2 km		
11/08/2023	Mini golf and driving range. City Golf Club Toowoomba Depart 9 am, return 3 pm	\$15 per game, \$20 lunch	Transport approx. 80 km		
25/08/2023	Movie and lunch at Redbank Plaza Depart 8:30 am, return 3:00 pm	Movie \$7.50 \$20 to purchase lunch	Transport approx. 130 km		
Saturday 09/09/2023	Tivoli Drive in Depart 4:30 pm, return 10 pm Bring a camp chair	\$20 to purchase Dinner and \$5.00 entry	Transport approx. 120 km		
22/09/2023	Toowoomba Carnival of Flowers	\$20 for lunch	Transport approx. 80 km		
06/10/2023	Aussie world and lunch at Banana Bender Depart 8 am, return 4.30 pm	\$40 entry, \$30 to purchase lunch plus spending money	Transport Approx. 350km		
20/10/2023	Cobb and co museum Toowoomba return to Gatton lunch at colonial cafe and see Truck Museum	\$10 entry \$30 lunch	Transport approx. 130 km		
03/11/2023	Movie and Lunch at Grand Central, Toowoomba Depart 9 am, return 3 pm	Movie \$16.50 \$20 to purchase lunch	Transport approx. 80 km		
17/11/2023	Thunderbird Park mt Tamborine	\$50 entry/activities \$40 lunch	Transport approx. 260 km.		
01/12/2023	Riverwalk and water park, Ipswich Depart 9 am, return 2 pm	\$20 Lunch	Transport approx. 120 km		
Saturday 09/12/2023	Christmas dance party (Fancy dress optional) Provided by wagtail services. Depart 5pm, Return 10pm Approx	\$15 (Covers 1 sausage on bread and a drink.) Extra sausage \$1 extra drink \$2	Transport 90km		
15/12/2023	Gatton Christmas carnival and looking at the Christmas lights	\$20 Dinner Spending money for markets	Transport TBA		



If you would like to contribute a photo, story or other item to the Anuha Buzz please make contact with Courtney Lee on 5462 3272 or office@anuha.com.au