



Newsletter 2023

Message from the CEO

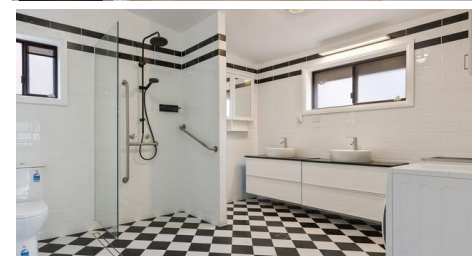
161 Auckland Street, Bega

If you ever drive up or down Auckland Street in Bega you will notice, wedged between Kothes and the Service NSW building, a cute little freshly renovated yellow 1896 vintage cottage. The new owner of this little gem has spent two years to keep the character of the building and its surrounds alive, but at the same time he transformed the inside into a modern up to the latest disability standards home for two wheelchair dependent people and a live in carer.

With the assistance of today's electronic devices, he managed to make the property an absolute delight to live in. The build-in gadgets include touch functioning doors and blinds, ducted air conditioning in every room and touch convection cooking.

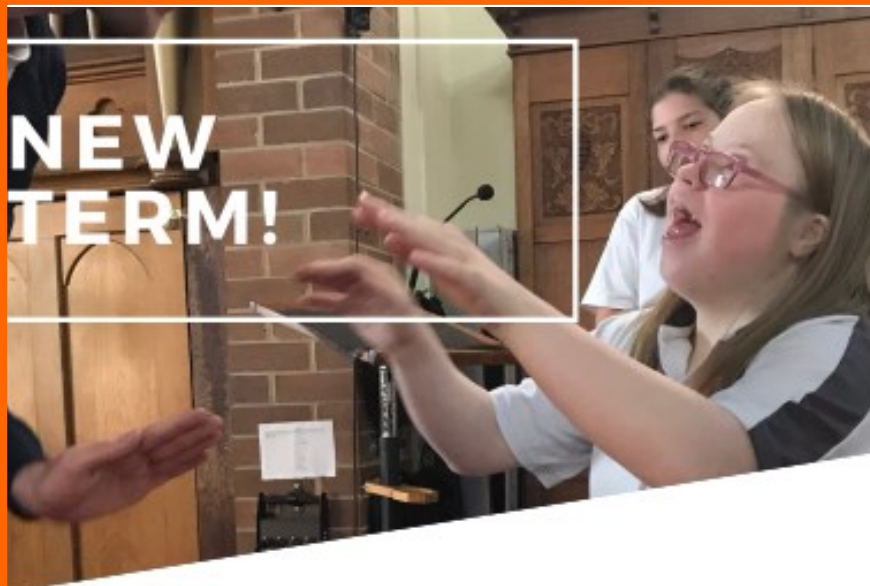
Well, why do I tell you all about this magnificent place? And no, I'm not dabbling in real estate, but the news is still so exciting: we managed to secure a 10-year lease on the property, which is a fantastic announcement for our participants. It also means 'Connections Plus Australia' is growing. We not only assist our participants, but we also ensure that our support workers have secure employment. Inspections of the property can be arranged by calling Candice at our office 64953797

Cheers, Rainer Strassberger.



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**DRAMA
& MUSIC**

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0401 969 606**

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tracyhardwick1@gmail.com

Therapeutic sessions now available on the Sapphire Coast
Learning how to express yourself through the medium of music and drama.

Customised private or group sessions. | Online or in-person.

Music strengthens the parts of the brain associated with speech, language, reading, focusing attention, and concentration leading to increased social participation, self confidence, assisting with reducing anxiety, increasing mental health and wellbeing and coping skills. Contact Tracy for further information.

tracyhardwick1@gmail.com 0401 969 606



Music & Movement

Thank you Mr. Frank Davey for entertaining us at a recent Music & Movement session.

Music & Movement is usually Tuesday fortnightly at the Tura Beach Country Club downstairs

All welcome to come for a sing and dance or even just to socialise.

Please contact the office for further details.





All Inclusive Laser Tag & Ten Pin Bowling

It's so important for everyone to have something to look forward to. Learning new skills helps build confidence and self-esteem, particularly when being surrounded by kindness in an encouraging environment.

Fun, inclusion, teamwork and new friendships, sums up the recent trial games of Laser Tag & Ten Pin Bowling.

Everyone had a wonderful time, everyone left feeling better for the experience, and everyone was keen to play again.

Thank you to Ritchie from Reclink Australia, and Top Fun Merimbula for facilitating these activities.

The participants were entertained and engaged, while being active with a fun recreation of their choice.



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Valentine's Day Music & Movement.

Love was in the air at the Club for our Valentine's themed Music & Movement.
Thank you Tura Beach Country Club for providing a wonderful venue for our Music & Movement program.

Congratulations Francie & daughter Maisie

on correctly identifying the underwater critters in our last Newsletter competition.
We hope you enjoy your \$50 Woolies Gift Card



Annette presenting the \$50 gift card to Francie with help from Jordan

Answers

- 1 Blue-spotted ray
- 2 Lionfish
- 3 Fire dart fish
- 4 Hawksbill turtle
- 5 Crown of thorns starfish
- 6 Tiger shark
- 7 Jelly fish
- 8 Sea cucumber
- 9 Anemone fish



Same Wave

A massive thank you to the volunteers of the Same Wave Program. The Same Wave Program provides a safe and fun physical outlet for those members of our community with disability.

Connections Plus is very grateful for the people of the Same Wave Program for providing such care and fun while teaching life water skills to our participants that have been a part of the program.



Photography by Tracey Harris



Merimbula Sharks Basketball

Thank you to all that attended basketball this term and a massive thank you to Sarah Maguire and volunteers that make this possible.

The Basketball Inclusion Program will commence after the Easter break on Monday the 1st of May 11am at the Merimbula Fishpen Courts.





Jive Bunnies Music & Movement

A massive shout out to all of those that hopped along and brought their best dance moves to our Jive Bunnies Music & Movement.

We all danced the morning away followed by a club lunch.

Anthony & Natasha from the Merimbula Social Dance group not only entertained us with their amazing dance skills but also provided some lessons.

Mick from Merimbula Rock n Rodders arrived in one of his beautiful cars delivering special guest the Easter Bunny to us.

Due to Anzac Day on 25th April, the next Music & Movement session will be Tuesday 9th May at the Tura Beach Country Club (downstairs).

10.30am—11.30am







ANZAC DAY 2023

Merimbula RSL 2023 Anzac Service.

Dawn Service - Beach Street Merimbula

Time: 5.30am

Date: 25th April

Pambula March - 9.15am from above
round about Memorial.

Merimbula March - 10.45am from RSL
Club to Beach street for 11am Service.

VOICES OF THE VALLEY

Youth Film Festival

YOU ARE INVITED TO
THE COMMUNITY EVENT &

FILM SCREENING

7PM, FRIDAY 28TH

APRIL 2023

@ BEGA CIVIC CENTRE

RSVP to julia.willson@reclink.org or 0431 531 453

This project is funded by the NSW Government
Proudly funded by



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Your Feedback Matters to us!

Compliments, Complaints & Ideas

Connections Plus Australia welcomes and encourages all feedback and we endeavor to make the process easy and accessible. Please send feedback by contacting:

- ♦ The office on 6495 3797 or connections@connectionsplus.com.au
- ♦ The Service Manager on sharynr@connectionsplus.com.au or 0427 953 795
- ♦ The CEO on rainers@connectionsplus.com.au or 0427 953 794

If a person does not feel comfortable to approach the office, please mark it as confidential and address it directly to The Board or Chairperson at 1/35 Beach Street, Merimbula NSW 2548 or posted to PO Box 199, Merimbula, NSW, 2548.

