

A new volunteer role for Caitlin

One of our Participants Caitlin recently started a new volunteer role at Sapphire Community Pantry. We interviewed her about her work....

Where are you volunteering?

At the Pantry in Bega

How often do you work there?

One day a week on Wednesday

What do you do there?

I look after the stock. We have lollies, oranges, lemons, fresh veggies. I label the stock and return the crates to Woolies, Coles, Aldi and Bega Golf Club.

What is your favourite part about your job?

It's fun and I enjoy talking with my friends.

We understand this isn't your only job. What can you tell us about your other job?

I work on a Thursday and Friday at Bega Nursery.



Caitlin with Support Worker Tash



Caitlin at work



What do you do there?

I water and repot the plants and serve people. I get support using the till. My favourite job is shredding and wetting the newspaper to cover the mulch. That keeps the soil damp which is good for the worms.

What would be your dream job?

Nail technician. I love doing nails





Are you unhappy about something related to our Service?

At Connections Plus we love getting complaints!

Why?

- It means you are trusting us to do something about your concerns
- It gives us a chance to fix things
- It helps us continuously improve our service

Please don't ever hesitate to give us feedback or register a complaint so we can build and improve our organisation.

Inside this Issue:

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6. *What's on—New local business
Wanderer Festival 2023
Music & Movement News*



Complaints can be made:

- **In person** to any worker of Connections Plus Australia
- **Via email** to
connections@connectionsplus.com.au
Service Manager Sharyn Robertson on
sharynr@connectionsplus.com.au
CEO Rainer Strassberger on
rainers@connectionsplus.com.au
- **Via Phone** by contacting
The office on 6495 3797
Service Manager Sharyn Robertson on
0427 953 795
CEO Rainer Strassberger on
0427 953 794
- **Face to face** by coming into the office at 1/35 Beach St, Merimbula NSW 2548
- **Directly to the Board**, in writing and delivered or posted to 1/35 Beach St, Merimbula NSW 2548

A feel good Story.

Libby is a valued support worker of Connections Plus.

Not only does Libby provide support in our local community for seventeen years Libby has been volunteering in Kwazulu-Natal, Africa.

Kwazulu-Natal is a coastal South African province.

Libby has recently returned from her seventeenth trip to Africa, in 2005 Libby decided to set off to Africa to Volunteer at an aids orphanage for 12 months. Libby fell in love with the people of Kwazulu-Natal, so every year Libby returns to the same community to volunteer in a number of ways.

Kwazulu-Natal is an extremely disadvantaged community, where 75% of adults are unemployed.

Libby's work involves setting up and establishing vegetable gardens, purchasing school uniforms and shoes, providing books for the local schools, providing emergency food supplies, and providing training in a acquired skills in carpentry, welding, sewing and computers.

These people are underprivileged and poor, but they are resilient, creative and resourceful, and most importantly they never lose their sense of hope. Despite their circumstances and daily challenges, they are amongst the happiest people in the world.

They are truly inspiring, and have taught Libby so much over the years.

Thank you for sharing your incredible story with us Libby.





Our Top fun program has proved to be more than just fun for all participants involved.

Over the past few weeks while enjoying some fun filled rounds of bowling, laser tag and mini golf some real friendships and bonds have been formed, along with new confidence and social enjoyment found.

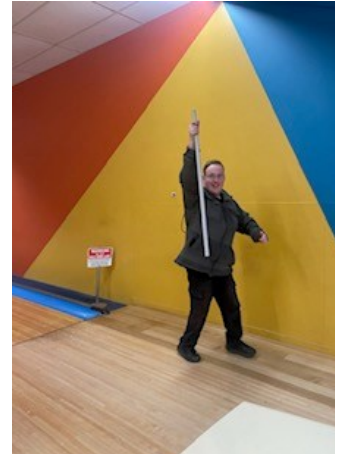
The last few sessions have extended into lunches and get togethers driven by the participants and their new found friendships.

This has been a fantastic opportunity to all involved and has had an extremely positive outcome.

Thank you to both Reclink and Top fun for facilitating such a wonderful program.

If you are looking to meet new people, enjoy ten pin bowling, laser tag and or mini golf this could be something for you.

For further information about the program please contact Louise or Candice at the Connections Plus office on: 6495 3797



Debbie and her support worker Tracy decided to bring their creative sides to life recently both Debbie and Tracy had a wonderful time getting messy and producing wonderful pouring paint art.

It's so nice to see our participants tapping into their hobbies and likes.

Thank you for sharing your master pieces with us ladies!





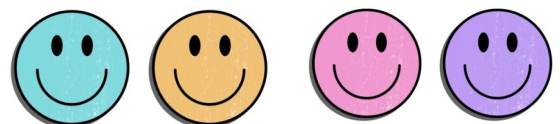
KEEP SMILING

We love to see happy smiling faces!

Here are some fantastic photos of some participants enjoying themselves in a range of activities.

If you have a happy snap that you wish to share & see in our Newsletter, please email them through to

candices@connectionplus.com.au



AIDER Program

Assistance for Infirm, Disabled and Elderly Residents

A ONE-OFF FREE SERVICE TO REDUCE BUSH FIRE HAZARDS

AIDER SERVICES MAY INCLUDE

- ✓ Thinning vegetation.
- ✓ Removing leaves, sticks and fallen branches.
- ✓ Trimming branches from around and overhanging the home.
- ✓ Mowing or slashing long grass.
- ✓ Cleaning gutters.

An assessment of your property will be completed by Rural Fire Service staff. Advice will be given about completing your Bush Fire Survival Plan. All works are completed by Rural Fire Service teams.



Are you prepared for a bush fire?
Aged and disabled people in the community may be at higher risk during a bush fire. The Rural Fire Service recommends that you have a Bush Fire Survival Plan.

EMAIL: aider@rfs.nsw.gov.au
WEB: www.rfs.nsw.gov.au



PREPARE. ACT. SURVIVE. | BUSH FIRE INFORMATION LINE | 1800 679 737

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Music & Movement News

We are excited to announce Music & Drama teacher 'Tracy Hardwick' will be a regular addition to our music & movement mornings once a month.

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

10.30am—for more information please contact the Connections Plus office 02 6495 3797



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- Assisting you in YOUR local area
- Helping YOU to understand your NDIS plan
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- Pay Service Providers for YOU
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- Invoices paid FAST to the Service Provider.

For more information please contact::

Melissa Westhoff

NDIS Plan Manager



0401 672 518



melissa@opalm.com.au



www.opalm.com.au

WANDERER FESTIVAL
PAMBULA BEACH, NSW
29 SEP - 1 OCT 2023

THE JUNGLE GIANTS
SPIDERBAIT
KEVIN MORBY (USA)
LISA MITCHELL
MELBOURNE SKA ORCHESTRA
70+ MUSIC & ARTS ACTS

PRESALE TICKETS ON SALE
wanderer.com.au

NSW feel new south wales Double J SENA SENA headspace Bago