



## All of us live in a very “lucky country”

That’s how the rest of the world see Australians. Furthermore, when they hear and try to understand the workings of our NDIS system, their faces reflect disbelief and astonishment.

One must travel outside of our “lucky country” to realize why people judge us to be the privileged lucky ones who can enjoy what we take for granted and yes, I could detect some jealousy when talking to fellow guest speakers at an international disability conference (ISBA) in Wroclaw, Poland.

ISBA (stands for ‘International Short Break Association’) stages a bi-annual get together of its members and supporters in nominated countries. Number one subject on every conference meet are ways to assist and deliver respite to carers of people with disability from Down Syndrome to Dementia. Explored are ways of delivering respite options, which sometimes include outdoor activities of the weirdest kind, like parachuting, wild water rafting, snow sports etc.

My contribution at this event was a PowerPoint presentation with the credited theme of ‘Risk Management during Adventure Outings’ with disability clients. For this I used the example of our winter sport participants Jake and Nathan who have been with us on numerous trips to the snow in Thredbo. Both experienced the occasional mishap small and not so small whilst skiing with our guides, but in true hero fashion, they both love the experience of taking risks whilst speeding down from Australia’s highest mountain.

NDIS, well most people with a disability appreciate the workings of the system, although the occasional hiccup can and does occur, but overall, all NDIS receivers are decades ahead of the rest of the world. We must be grateful to a system, yes like everything new, it has its flaws too, but the rest of the globe is very envious, especially the disability service providers who still manage to exist on little funding and volunteers.

Cheers, Rainer Strassberger.



Jake on top of Australia.



University of Wroclaw, Poland.

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# WANDERER FESTIVAL

PAMBULA BEACH • 29 SEP - 1 OCT 2023



The wanderer festival was fantastic again this year, bringing together people from all walks of life to enjoy the beauty of music & entertainment.

We recently had a chat to Nathan Johnston who attended the festival this year.

Nathan had some real positive feedback about the festival and the accessibility.

Not only did they provide disabled portable toilets, all of the food stalls were also wheelchair and disability friendly.

Nathan told me that there was a wheelchair ramp up to a viewing platform and the view was awesome!!





# DISCO & DINE 70'S STYLE



Thank you!

to everyone who joined us for our Disco & Dine it was a great day filled with glitter, flowers, music and awesome Disco Diva Dance Moves followed by a great lunch at the Tura Beach Country Club.





Music & Movement has been so much fun and enjoyed by all that have attended.

We have been enjoying a range of activities including singing, musical instruments and recently introduced laughing yoga!

If you would like to join us for our Music & Music days every second Tuesday at the Tura Beach County Club please contact Louise or Annette at the office: 6495 3797

## Laughter Yoga

### Mental:

- Prevents burnout
- Enhances resilience
- Stress buster
- Improves memory
- Boost creativity

### Physical:

- Boost immunity
- Lower blood pressure
- Decreases pain
- Increases energy
- Cardio fitness

### Social:

- Connects people
- Enhances teamwork
- Builds trust
- Defuses conflict
- Strengthens relationships

### Emotional:

- Improves mood
- Positive mindset
- Eases Anxiety
- Adds joy
- Feels Good!!!

## SMILE!



Thank you to everyone who has sent in photos over the last couple of weeks.

Here are some great snaps of participants enjoying different experiences such as: a trip to Mogo Zoo, Magic Mountain, some home cooking and more!







reclink  
australia



A big Thank you to both Reclink and Top Fun Merimbula for funding and hosting our Social night. All participants had a great night, we kicked off by putting our bowling skills to the test with a friendly and fun round of ten pin bowling .

Everyone then enjoyed dinner at the RSL followed by dancing and enjoying the live music.

Thank you to everyone that came along and shared this great night with us.

Reclink Australia has some fantastic exercise classes available complimentary in our local area.

Balance Class at Bega Uniting Church every Wednesday 2pm-3pm

Functional Yin Yoga - Sage Wellness Centre Eden every Friday 10am-11.15am

Social Bowls—Club Bega Tuesdays 11.30am - 1.00pm

### BALANCE CLASS

**FOCUSING ON FALLS PREVENTION, STRENGTH & POSTURE**

AT BEGA UNITING CHURCH, GIPPS ST, BEGA

**WEDNESDAYS 2PM - 3PM**  
Starting 2/8/23

**FREE**

This program has been funded by the Australian Government

### SOCIAL BOWLS

**Tuesdays** STARTING OCTOBER 17, 2023

**11:30AM - 1:00PM**

**CLUB BEGA**  
82 GIPPS ST, BEGA

**ENTRY FREE** **WEEKLY SESSIONS**

QUESTIONS?  
MARCUS 0459 258 566  
JULIA 0431 531 453

All abilities and ages welcome

**All gear supplied**

RECLINK AUSTRALIA - BEGA VALLEY

KINDLY FUNDED FOR THE BEGA VALLEY SHIRE BY THE AUSTRALIAN GOVERNMENT

*Complimentary Class...*

### Functional Yin Yoga

*with Fran*

**Fridays 10am - 11:15am**  
**Sage Wellness Centre**  
13B Bass St in Eden  
(next to Gas & Gear)  
**Cost: FREE**

Questions call Julia 0431 53 1453

This program has been kindly funded by the Australian Government



## Connections Plus Australia Annual General Meeting

Connections Plus will be holding the Annual General Meeting on Wednesday 15th November 2023 at 7:00pm in the William Dawes Room, Merimbula RSL.

Supper and light refreshments will be supplied.

RSVP by 8th November (02) 6495 3797 or [connections@connectionsplus.com.au](mailto:connections@connectionsplus.com.au)  
for catering purposes.



### You're invited!

to join us for an ABBAolutely fun dance party,  
followed by lunch.

When: Tuesday 24th October

Music & Movement: 11am in the Tura Beach  
Country Club Basement—Free

Lunch 12pm—Bistro lunch prices begin at  
\$15.50

Dress Theme: ABBA—Lot's of white, satin ,  
shimmer, 70's , boots.

Gimme Gimme Gimme your RSVP 18/10/23

Ph: 6495 3797

We encourage everyone to dress up!

**Prizes for Best Dressed.**