

Feel the Rhythm or Have Fun Beating a Drum!



Our Taiko Drumming 'Come & Try' day was so much fun with great energy and enthusiasm in the room.

Stonewave Taiko is a Bega-based, Japanese Taiko drumming group, practicing, and performing in the Bega Valley.

The ancient tradition of Taiko develops rhythm, movement and spirit, to promote physical health and mental wellbeing.

Does this fun activity strike a chord with you?

Would you like to find your groove, beat a drum, or clash a cymbal?

We are calling for expressions of interest for our next 'Come & Try' day.

Please contact Louise for details - PH: 6495 3797.



Joke: What do Drummers like to eat for dinner?  
Drumsticks!



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**Music & Movement**

Thank you to Tura Beach Country Club for hosting our Country themed Easter Music & Movement.

Flannos, denim, country tunes, easter eggs, and a yummy lunch made for a fantastic turn out.



Ryan hit the tracks at Gravity Eden Mountain Bike Park recently and was thrilled with everything about the experience. Bike tracks for all levels of riders and breath taking views makes for a great day out.

If this is something that interests you jump on to their website: <https://www.gravityeden.com.au/>





# WHAT'S ON?



Club  
Sapphire  
MERIMBULA

Club Sapphire Merimbula have a range of music & dance themed nights on offer including Beatle Majic, Sixties and London Calling.

For more information & tickets visit Club Sapphire on their website:  
<https://www.clubsapphire.com.au/>

or phone: 6495 1306



Annette, Louise & Matt enjoying the music, costumes and great vibes at a recent themed night at Club Sapphire - Alive in the 70's! Great Pic Guys!



Merimbula Jazz Festival brings together jazz musicians and jazz lovers of all ages, from across Australia. Listen to all styles from big band, swing, modern, funk, fusion and mainstream to traditional and ragtime across four fabulous days. Sign up for our exciting new vocal workshops and be a part of the festival.

With seven venues all in walking distance and 100 bands performing, there's plenty for everyone. Take part in Saturday's twilight Lantern Walk along the lake's edge, or enjoy a meal at one of our many restaurants. Don't miss Saturday night's Youth Jazz Quest showcasing the very best of our young talent. Monday's Jazz Hatter party rounds out Australia's longest running jazz festival.

For more information & tickets follow this link  
<https://merimbulajazz.org.au/>

7th - 10th June



Having performed over 300 shows since 2019, 'A Taste of Ireland' has merged cultural traditions, modern flair, and craic galore to deliver a performance that has brought the house down night after night. This season, join an acclaimed cast of champion Irish dancers, dazzling musicians, and a contemporary vocalist, as they blend Irish charm with mind-blowing talents to present an unforgettable night of entertainment.

Don't miss your chance to see one of the world's most prominent Irish dance shows before it takes off around the globe once again!

Sunday 19th May 2024 4pm - 5.50pm (UTC+10)

Location—Bega Valley Commemorative Civic Centre Zingel Place,  
Bega NSW 2550, Bega

Tickets available at::

<https://begavalley.nsw.gov.au/community/bega-valley-commemorative-civic-centre>





# wishing you ALL THE BEST

Reclink Australia have been instrumental in supporting sport and recreation programs in the Bega Valley.

Unfortunately, Reclink's grant funding has come to an end, and they are in the process of sadly wrapping everything up this March.

We are so grateful for Reclink's incredible support of our ball skills/basketball program and funding our Top Fun social group for near on twelve months.

These important programs brought together members of our community improving them physically, mentally, and socially.

Thank you Reclink, and sports coordinators Marcus & Julia. The programs provided immediate positive benefits which has been life changing for many participants.

The group who gathered under Reclink still meet regularly to enjoy activities at Top Fun under their own steam. If you would like to join the group, please call Louise or Candice at the office.

<https://www.youtube.com/watch?v=BXTrJRzsTF8>

We wish Libby a huge congratulations on the best promotion ever working towards Retirement.

We extend our best wishes as we farewell Libby who began working for Connections Plus in 2007.

Libby has been a much—loved support worker by many, and she will be missed.

Wishing you the best of times and travels Libby as you continue your valued volunteer work in Africa and enjoy this next chapter.



**A Farewell celebration for Libby.**





At Connections Plus Australia we really value your feedback, as we continually strive to improve our service and supports.

Please don't ever hesitate to tell us if something is not right, however big or small. If you are not 100% satisfied, we want to know, so we can fix it!

#### Complaints can be made:

- **In person** to any worker of Connections Plus Australia
- Via **email** to [connections@connectionsplus.com.au](mailto:connections@connectionsplus.com.au)
- **Verbally** by contacting the office on 6495 3797 or coming into the office at 1/35 Beach St, Merimbula NSW 2548
- **Verbally** to:
  - Service Manager Sharyn Robertson on 0427 953 795
  - Chief Executive Officer (CEO) Rainer Strassberger on 0427 953 794
- Via **email** directly to:
  - Service Manager Sharyn Robertson on [sharynr@connectionsplus.com.au](mailto:sharynr@connectionsplus.com.au)
  - CEO Rainer Strassberger on [rainers@connectionsplus.com.au](mailto:rainers@connectionsplus.com.au)
- Directly to the Board, in **writing** and delivered or posted to 1/35 Beach Street Merimbula NSW 2548
- Connections Plus Australia welcomes all feedback at the office and we endeavor to make the process easy and accessible. However, if a person does not feel comfortable to approach the office, an advocate or any worker of Connections Plus Australia, a **confidential email** can be sent directly to the Board: [theboard@connectionsplus.com.au](mailto:theboard@connectionsplus.com.au)



#### We have recently updated our Incident and Hazard Management Reporting Policy



- An updated version has been sent to Workers and is available on SupportAbility.
- All incidents and hazards must be reported to management immediately.
- When in doubt, report it!
- We are fostering a "NO BLAME" culture to encourage prompt and honest reporting.
- You can report an incident or hazard by:
  - phone
  - text
  - email
  - (for Workers) in SupportAbility as an Action or Incident
- The office team will support Workers to manage hazards and file an incident report if required.
- The management team manages all reportable (to NDIS) incidents.



**See something? Say something!**





Jump Start Therapy Services would like to introduce their newest member of the team Amy Nicholson.

Amy is starting with JSTS on the 4th of March as a Clinical Nurse Consultant.

She will be providing mobile nursing services within the Bega Valley Shire. Amy can see people in their own homes, out in the community, wherever suites them best.

Amy has experience in the following areas:

- Chronic disease management including cardiac, pulmonary and ages related illnesses
- Wound care assessment & management
- Pressure care
- Stoma care
- Continence assessment & management
- Development of care plans including strong referral partnerships with other medical, health and community organizations.
- Providing education/training for clients and their carers in how to best manage health issues, including skin care, wound care, stoma care, continence and on general health issues.

Amy is passionate about keeping people 'healthy at home'. She enjoys working collaboratively with individuals and their families/support teams to help them enhance or manage their health and wellbeing so that they can live life to the fullest.

Amy can provide services under the following funding schemes:

- My Aged Care (when referred by a registered Service Provider)
- NDIS (Core & Capacity Building—Disability Related Health Supports—Nursing—Clinical Nurse Consultant)
- Private Health Insurance (where applicable)
- iCare/Lifetime Care and Support

Please feel free to contact Alison McDonald on 0410 309 638 if you would like to find out more, or to make a referral, please fill in our online referral form: <https://jumpstarttherapyservices.snapforms.com.au/form/referral-form>

## The Final Report

In our "Working together to deliver the NDIS" report, we make [26 recommendations with 139 actions](#) to change the system that supports people with disability.

Our recommendations provide a blueprint to renew the promise of the NDIS and deliver a more accessible and inclusive Australia.

We want all governments to commit to creating a unified ecosystem. The NDIS should be one part of a big system that supports people with disability.

The disability system must be looked after as a whole. This will deliver better outcomes for people with disability in a more responsive and cost effective way.

For more information and to view the full report please follow the link below:

<https://www.ndisreview.gov.au/resources/reports/working-together-deliver-ndis>

Fly2Health is an NDIS registered Organisation that flies experienced Speech Pathologist & Occupational Therapists to more than 40 locations across Australia, every fortnight to serve participants of the NDIA.

Fly2Health will be offering clinics in Merimbula from the 16th April 2024



**Fly2Health**



**Speech Pathology**

**14 Cabarita Place Merimbula**

**In Town Every Fortnight  
from Tuesday 16th april  
All Experienced Clinicians**

**Immediate Availability  
1300 163 665**

**[sydney@fly2health.com.au](mailto:sydney@fly2health.com.au)**

Or scan the QR code to find out more or make a referral

