

**End of the Year  
Newsletter 2024**



**Spooky, Scary, Creepy & cool!**

**We had it all for our Halloween themed Music and Movement.**

**Thank you to everyone that joined us and dressed up. The costumes were amazing!**

**Thank you to the support workers for your efforts and fantastic costume ideas and a shout out to Tura Beach Country Club for allowing us to use their amazing decorations for the day & to Louise and Annette for putting it all together.**









## NDIS legislation news

As you may be aware The Australian Parliament has approved changes to the NDIS legislation.

This means there will be some changes to how the NDIS works.

From the 3rd of October, participants will only be able to use their NDIS funds for Items listed as approved supports.

We understand that there has been a lot of information circulating around the new changes and this can cause some confusion and uncertainty for some people, so we want to keep you as up to date and informed as we can.

For the majority, not much will change about the way you experience the NDIS now.

You may notice changes when the transition to the new planning framework starts later next year.

You can find more information on the NDIS Website by following the links below:

<https://www.ndis.gov.au/changes-ndis-legislation>

<https://ourguidelines.ndis.gov.au/would-we-fund-it/what-does-ndis-fund#easy-read-versions-of-the-ndis-supports-lists>



Please feel free to come into the office or phone us on 6495 3797 if you would like to get some more information or just have a chat about how you are feeling around the changes and how they are affecting you.



### Support Worker Fire Training

As a part of our ongoing Emergency & Disaster preparation planning, all of our Support Workers have recently completed training on First Response Evacuation, which provides a comprehensive overview of the most important aspects of fire safety, including:

- Employer and Worker responsibilities
- How to safely respond to a fire
- Procedures for evacuation
- Using fire-fighting equipment



### NDIS Practice Standard 2

We are currently conducting fire drills in all of our homes. Where possible, we are including our Clients in the drill.

David and Support Worker Aidan along with Casey & Support worker Di, Safely evacuated from David's home in Bega during one of our drills.





Thank you to our local Schools for inviting us to your amazing performances this year.  
All of the Participants that attended had such a great time watching these amazing shows.



We are most grateful to Lumen Christi for Inviting us to their performance of We Will Rock You.

The performers certainly rocked us!

A big thank you to Wolumla Public School also for inviting us to their fantastic performance of Moana.







Sam has been working hard on his bowling skills every week at our social group gatherings.

Sam hit a Personal Best score this week with a total of 157!

Well done Sam!

We cant wait to see your scores next year.



Thank you to Top Fun staff for all of your assistance with our social group this year. Bowling has been so much fun and all the participants have really enjoyed not only the social side of it but shaping up their bowling skills has been a bonus.

Dinner & Dancing at the RSL has also been great fun.



Connections Plus arranged group yoga sessions for our Support Workers & Clients to learn strategies to relax and manage anxiety, provide an overall sense of well-being by encouraging mental and physical relaxation.

Thank you, Colleen and Birdie, for facilitating this wonderful program which was funded by Grand Pacific Health.







Our last Music & Movement for 2024 will be on the 10th of December.

Come dressed in your best Christmas outfit and join us in the festive celebrations.

Please RSVP to Louise in the office on: 6495 3797

### Carols by Candlelight Merimbula

If you are looking for a fun, festive and free family event this Christmas season the Lions Carols is one not to be missed.

When: Friday 15th December

Where: Berrambool Oval Merimbula

What: Carols by Candlelight family event.



### Protect yourself from shopping scams.

During Holiday season there is a significant rise in shopping scams.

Here are some of the top scams to watch out for and tips on how to avoid them:

- **Online Shopping Scams:** Scammers create fake websites or social media ads offering popular items at unbelievably low prices. These sites often look legitimate but are designed to steal your personal details and money. Always shop from reputable retailers and verify the website's authenticity by checking independent reviews (not reviews on website itself)
  - **Phishing Scams:** You might receive emails or messages that appear to be from well-known retailers offering amazing deals or asking you to confirm your account details.
  - **Fake Delivery Notifications:** Scammers send fake delivery notifications via email and or text, claiming there's an issue with your delivery and asking you for personal information or payment to resolve it.
- How to protect yourself:**
- **Verify:** Always verify the identity of the person or organisation contacting you. If you're not sure, end the call and contact them via the contact details on their website - Verify the domain.
  - Subtle changes are hard to notice, such as a zero instead of a capital letter "O". One indicator of an illegitimate site could be multiple "word.com" sequences in the URL.
  - **Secure Payments:** Use secure payment methods and avoid sending money overseas through third party providers or loading prepaid card.
  - **Stay Informed:** Keep up to date with the latest scam alerts and tips from trusted sources.

## HOLIDAY HOURS

Connections Plus Office Closure dates are as follows:

Tuesday 24th December from 12pm

Wednesday 25th December

Thursday 26th December

Wednesday 1st January

If you need to get in touch on any of these dates please call the after hours emergency phone on:

0429 935 045