



Connections Plus Olympics



Our Mini Olympics

To coincide with this years Olympics we decided to hold our very own mini Olympics.

Equestrian events, weight lifting, beanbag throwing, golf & giant bubbles were just some of the activities set up at Spencer Park for the Participants to enjoy and partake in.

We ended the day by sharing a BBQ lunch together and handing out much deserved golden chocolate medals.

A huge Thank you to Louise & Annette for all of your efforts and great ideas and to the Support Workers that got involved and made this fantastic event possible for the participants.

Participation awards were handed out at Music & Movement.





Active August!

Wednesday Walking Wellness Days were a great success!

We enjoyed some lovely walks in the sunshine, followed by refreshments & conversations at

a local café



Happy Snaps!

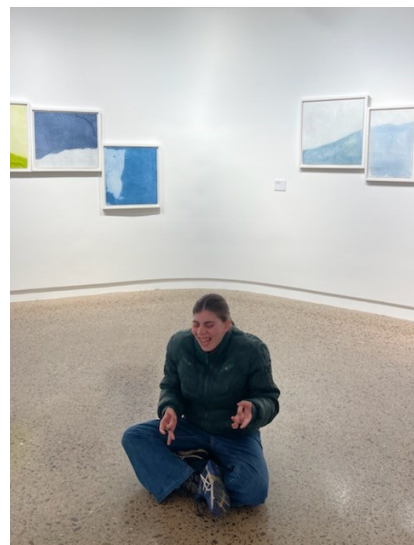
Thank you to Dane, Ben & Caitlin for sharing these great pictures with us.



Dane enjoying the Chocolate fountain at the Star Buffet Canberra.



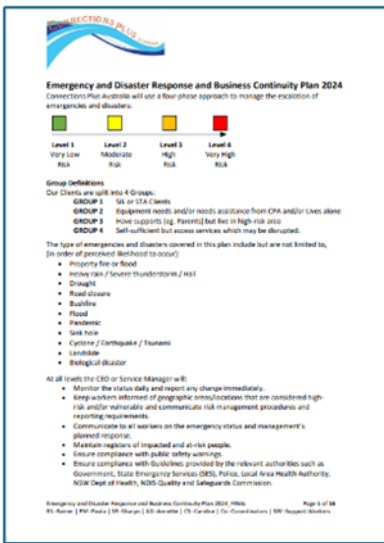
Barista Ben completed a Barista Course.



Cait finding her Zen at an Art gallery.

EMERGENCY & DISASTER PLANNING

As part of our Emergency and Disaster planning, we have developed the following:



- An Emergency & Disaster Response and Business Continuity Plan. This plan outlines the 4 levels of emergency, what the organisation will do at each level and who will do what in the event of an emergency
- Individual Clients will also have their own personalised Emergency Evacuation Plan.
- For Clients who live or stay overnight with us, we have set up Emergency Grab bags containing a checklist and emergency supplies. These will be distributed over the coming weeks ahead of high fire-risk season.

Test Run of our Emergency Communication Protocols

The damaging winds we had on Wednesday 28th August, provided us with a low-risk opportunity to test our emergency communication protocols.

The text message shown on the right was sent to all Clients and Support Workers active with us on that day.

Please note, you may receive such messages from time to time, in future and if so, it would be appreciated if you could respond with a "YES" to confirm receipt.

Further communication will be sent via email and/or phone, depending on what systems are still functioning.

Text Message
Wed, 28 Aug at 13:21

In accordance with our Emergency and Disaster response and Business Continuity Plan, Connections Plus is declaring a Level 2 (Moderate) Emergency Alert.

⚠️ Severe Weather Warning for DAMAGING WINDS

Issued by NSW SES Bega unit at 10:13 am Wednesday, 28 August 2024.

For WINDS averaging 60 to 70 km/h with peak gusts of around 90 km/h are possible, easing later this afternoon.

📱 Download the Hazards Near Me app to stay up to date when warnings are issued

🔒 Secure any outdoor furniture & equipment

🌍 Alert us to any branches that may fall

🚗 Avoid driving if possible. If you must drive, beware of high winds and debris on roads and avoid parking under trees

⚡ Keep at least 8 meters away from fallen power lines or objects that may be energised, such as fences.

PLEASE monitor your emails for any updates.

To report any concerns, call the office on [6495 3797](tel:64953797)

For emergency assistance call NSW SES on 132 500

For Life threatening emergencies, always call [000](tel:000) NSW Police Force Fire and Rescue NSW NSW Ambulance

Please respond YES to confirm receipt of this message.

CLIENT NAME EVACUATION GRAB BAG



If there is immediate danger in the home, get out quickly!

This grab bag is to assist you to conduct a planned evacuation in the event of an external emergency, such as bushfire.

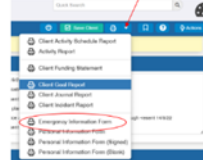
See over for a step-by-step checklist to be ticked off with the coloured marker ➡



The following items are to be packed into the large carry bags in the kit:

- Medications
- Client Folder
- Emergency Evacuation Plan
- S/A Emergency Information Form
- Clothes:
 - 5 undies
 - 3 pairs socks
 - 2 pairs pants
 - 2 t-shirts
 - 1 jumper/hoody
- Toiletries
- Client's Food*
- Doona and pillow
- Client's communication tool(s)
- Client's favourite things

*Pack into this cooler bag with emergency ice blocks from freezer



Connections Plus Australia Annual General Meeting 2024

Connections Plus will be holding the Annual General Meeting on
Wednesday 30th October 2024 at 7:00pm in the William Dawes Room, Merimbula RSL

Supper and light refreshments will be supplied.

RSVP by Phone: (02) 6495 3797 or Email: connections@connectionsplus.com.au

By the 20th of October
for catering purposes.



It's the little things we do that make the big difference.

Support Services 2 You provide a range of disability - specific services for clients on the Far South Coast.

Supports are personally tailored to meet the needs of the individual.

We provide individualized support plans, we work together with our clients and stakeholders to achieve the best outcomes.

If you would like more information please contact Support Services 2 You on:

02 6424 7108

WE WILL ROCK YOU


**Tickets From
\$20**

BOOK NOW!

TIMES

Thu 17th Oct 2024, 6:30 pm - 8:30 pm
Fri 18th Oct 2024, 6:30 pm - 8:30 pm
Sat 19th Oct 2024, 6:30 pm - 8:30 pm

LOCATION

 LCCC
64 CULGOA CRESCENT
PAMBULA BEACH, 2549

Book Online at

<https://compasstix.com/>