

Winter Edition

Newsletter

DATE: 24 July 2020



**Please email your
contributions for the next
newsletter edition to:**

newsletter@connectgv.com.au

**CONTRIBUTIONS DUE BY:
Tuesday 15 September, 2020**

Spread the word, the Garden Kitchen Café at Billabong Nursery is Open

The Garden Café is now operating with limited table service and we are seeing a return of some familiar faces enjoying the great food and coffee. We would greatly appreciate if you could spread the news that the Café is open on the following days:

- Tuesday-Friday 10am-2pm
- Saturday & Sunday 10am-3pm

The nursery and café staff have been working hard to reconfigure the giftware and café tables to allow for up to 20 people to be seated at tables from the 6th June. Social distancing requirements remain in place.



What is an insect's favourite sport?

Cricket!

What is harder to catch the faster you run?

Your breath!

Why didn't the dog want to play football?

It was a boxer!

Why did the golfer wear two pairs of pants?
In case he got a hole in one!

Why do basketball players love donuts?

Because they can dunk them!

What lights up a soccer stadium?

A soccer match!

I kept wondering why the cricket ball was getting bigger and bigger.
Then it hit me.

JUST FOR LAUGHS

Australian Sport Logic

Winter Sport:
Short Shorts & Singlet



Summer Sport:
Long Pants, Long Sleeve Shirt & Jumper



Why is tennis such a loud sport?

The players raise a racquet!

Why didn't Cinderella make the basketball team?

She ran away from the ball!

What kind of cats like to go bowling?
Alley cats!

What's a sheep's favourite game?
Baa-dminton!

Why was everyone so tired on April 1st?

They had just finished a March of 31 days!

Why are penguins good race drivers?

Because they're always in the pole position

Farewell & all the best Tim

In July we have farewelled Individual Support staff member Tim Bourke. For the past 12 years Tim has been a valued member of the ConnectGV team, assisting our participants to reach their goals and to achieve their dreams. Tim has led many programs both within the Day Options facility and in the community, always with a focus on ensuring participants are happy in what they are doing and that they are progressing their skills.

Thank you Tim for your commitment to ConnectGV and the difference you have made in the lives of so many over the past decade. We wish you well in your future endeavours.



A WORD FROM OUR CEO

Firstly ... a very big thank you to everyone for your vigilance in ensuring that we all remain COVID safe over the past 3-4 months. Just when we thought we were able to return to a new normal, the number of infections have definitely been a concern for us as we watch them increase in the Metro and Mitchell shire areas. We are revisiting the necessary messages with our teams in relation to social distancing, good hand hygiene and not coming to work if you are unwell. I would like to restate the importance of this for our clients also. Please stay home if you are unwell and carry out the necessary wellness and COVID checks with your medical practitioners.

On another note the new 20/21 NDIS price guide was issued at the end of June with the intent for it to be implemented across the sector on 1 July. In short the changes are significant for both participants and agencies. For participants, the change incorporates a new 12 week program of support for group activity. The 12 week program does not require absent notification and will be billable. Non-client facing time will become billable. This was previously captured in an individual's hourly rate. The hourly rate will no longer be individual but a flat rate divided by the number of participants within a group. ConnectGV and many other agencies across the sectors current billing system does not accommodate slicing and dicing of participant hourly rates. At the end of June, ConnectGV was at the point of moving our billing across to our Client Management System only to find that the NDIS business rules have once again changed. To adjust to these changes requires service agreement reviews, changes to rostering and program delivery, potentially increased staffing numbers along with finding a way for our system to assign a portion of an hourly rate to a number of participants.

Please stayed tuned as we adjust and provide further clarity about the changes that are coming. There was significant outcry at a Ministerial level about these changes and as a result the NDIA have provided the opportunity for Service Providers to take the next 12 months to transition across to this model of service delivery. We are hoping that our transition will occur at the beginning of 2021. A big thank you to Damian Drum and his team for once again advocating and providing ConnectGV a voice with the Minister in relation to these changes.



On a final note and sadly this month for ConnectGV we have farewelled Tim Bourke, one of our long standing employees. Tim has been such a committed member of the Day Options Program and worked across a number of our programs over the years. He will be truly missed. We understand that none of us are not a given forever and that it has not been an easy decision for Tim to make. We are grateful for having had the privilege to know and work alongside you Tim and wish you every success in your future endeavours.

Kind Regards

Carolynne Frost

Chief Executive Officer

Valley Sport Access All Abilities Sports and Active Recreation Surveys



Throughout June and July Valley Sport are conducting a survey to analyse the needs and barriers of people with a disability to participate in sport and active recreation. These surveys will be collected to form a broader picture and help us identify trends across the State.

If you are a person with a disability **who is not currently engaged in any type of sport** or a parent/guardian/caregiver of a person with a disability **who is not currently engaged in any type of sport** you can take this short online survey to have your voice heard!

Survey for **individuals** with a disability:

<https://www.surveymonkey.com/r/ZBZTVRG>

Survey for **Parents/Guardians/caregivers** of an individual with a disability:

<https://www.surveymonkey.com/r/ZFXQFQ3>

If you need any assistance filling out the surveys, Valley Sport can talk you through the questions over the phone. Just email lucy@valleysport.net.au and we can book in a time to go through the survey together. Thanks from Lucy Marina



JUNE

Sharmaine H



Karen P
Ashlea K
Tristan P
Nellie R

Jennifer B
Michael H
Joel Mcl

JULY

Jesse V
Dorothy R
Rosemary G
Stephen C



Joel's birthday gifts was this relaxing new recliner

Nathan P
Karen Q
Natalie B
Kody B
Andrew S
Max B
David F
Ka F

Sam's Savoury Muffins



Ingredients Savoury Muffins (makes around 24)

- 2 ½ cups of water
- 4 cups of Self Raising Flour
- 1 egg
- 4 rashers of bacon, chopped
- 1 stick cabana
- ½ cup grated tasty cheese
- 1 jar pitted olives, drained
- 1 jar sun-dried tomatoes, drained & halved
- 8 sliced mushrooms
- Sprinkle mixed herbs
- 1 diced red onion (*optional*)
- Sprinkle of black pepper (*optional*)

Equipment

- Muffin Tray
- Wooden Spoon
- Spray can of oil
- Chopping board
- Sharp knife

Method

1. Add 4 cups of S/R flour to a large mixing bowl.
2. Add 4 cups of water
3. Add 1 egg, and small amount of cheese, mix well (if batter is too thick, just add a small amount of water) you want a smooth batter, not too runny, and not too thick.
4. Cut up bacon.
5. Drain olives, and sundried tomatoes, cut in half, add to a fry pan, add sprinkle of herbs, and black pepper, add mushrooms. Dice onion and add to pan.
6. Fry the bacon, onion and mushrooms in a pan, add olives, sun-dried tomatoes and sprinkle of pepper and herbs to taste. Once cooked, take off the heat and add to the batter mixture. Mix well.
7. Spray muffin tray well.
8. Spoon batter into muffin tray, place into oven on 180 degrees, and cook for 15-20 minutes, until golden brown.

OUR AMAZING COOKS



Alice using hand over hand, person centred active support empowering Nathan to cook a delicious batch of pumpkin soup.



Ashley's Mum reported his lasagne was the BEST she's ever tasted! Maxine's restaurant quality paella is just spectacular.



Chicken Milano, jelly slice, apple cakes, meat pies and much more ... Rosemary has very enthusiastically and competently joined Gavan's online cooking program.

See the possibility, not the disability

Covid safe out and about in the community



Peter enjoying the bushwalk and scenic beauty.



Memories of footy games with lunch at the oval.



Jaas exploring Mt Major and surrounding scenery.



Zoe N



What are your favourite foods?

Pasta.

Do you like animals and have any pets?

Yes, I have a dog named Coco and a cat called Marly.



What do you do when you're not at ConnectGV?

Go to friends' house, go shopping, playing on my phone.

Do you like sports? If so what sports?

Yes, I like walking and love AFL. I go for Richmond.

What are your favourite TV shows?

Home and Away and Big Brother.

What is your favourite colour?

Purple.

What kind of books do you like?

Harry Potter.

Where is your favourite place to visit?

The Philippines.

Who is your favourite singer or band?

Kylie Minogue

Who do you follow in the AFL?

Richmond Tigers.

Do you enjoy gardening?

Nope!!!!



The Philippines are very hot. There are lots of people, about 110 million. A lot of people are very poor. Most of my relatives live on the island of Bohol, in a town named Trinidad. There are lots of children. They eat rice, vegetables, chicken & pork.



Smile of approval from remote foreman Matthew



Matthew is very frustrated at being unable to attend Day Options at the moment, although he enjoys keeping in touch through online sessions. Online program staff took him on a surprise excursion across the road today to inspect progress on our wonderful new building via a video meeting. He saw the crane and cherry picker in action as the builders bolt together the steel frame like a giant Meccano set. He's looking forward to riding in the lift (the concrete tower you can see in the photo) up for a look out from the second storey.

Further Inspections

Everyone is excited about the progress of the new building. Bruce, Joel, Scott, Jenny and Dot took a stroll past to check out the action too. Notice you can see sky through the building in the earlier photos but its dark upstairs in the recent photo? The builders have now constructed the back wall of the building.



Thank you Gabrielle P for submitting this poem with wise words to share.

*Life is mostly froth and bubble
Two things stand like stone
Kindness in another's trouble
Courage in your own
- Adam Lindsay Gordon*

Bready or not, here I crumb!

Jenny's Day Options activity group chose to make some bread dough. The guys stirred their own mixture, rolled it out, cut it out, placed it on a tray and cooked it in the oven.

Emma made doughnuts, cookies and shapes. Shawn made snakes. Ethan made a love heart. Isaiah made huge cookie and Sam made a Volcano.



Socially distanced staff meeting, spot the differences ...



There 6 differences
Answers on page 12

Keeping busy while keeping our distance



Sam joined Di's bingo group online, while Carley, Sarah and Masooma kept their 1.5 metre safety bubble.



Communication can still be enjoyed at a safe distance and while we can't get to the bowling alley, the Wii version is lots of fun.





Sarah and Carley enjoy the sensory stimulation of using puff paint. Sharmaine had some pampering with a manicure.



Jo-Ann explores science with Rosemary online.



Geoffrey shows Sarah his online Lego Masters car.



Nev leads the gorgeousness in his online dress up program.

Winter inspires the arts



People being supported by ConnectGV in their homes have been developing their arts and crafts skills, taking in turns to choose themes for inspiration. From winter, footy, under the sea, things of wood, instruments, the projects just keep coming. Those of you checking in on our Teams app will have seen the steady flow of work and weekly winners of the creative challenges.

Solution to spot the differences from page 9

Tom's cap, Andy's bow, Nev's glasses, Manjith's ball, Jo's headband, crown cushion

Julie's Winter Acrostic Poem

Winter is cold
Igloo
Nightingale
Temperature is cold
Earmuffs
Rain

Winter is here
Over coat
Noses drip with colds
Decorations
Enormous trees
Rainbow
Lovely
Amazing days
North Pole
Deep Snow



Julie's portrait of her beloved Tigger (above). The real Tigger helping Julie on her laptop (right).



See the possibility, not the disability

The return of footy at last!

We have some pretty one-eyed, passionate footy supporters in the ConnectGV community who were desperately missing their winter footy fix. Well done guys, your fabulous poster petition has been answered. What better way to celebrate than with a pie and sauce?



(L-R) Jenny and Scott proudly display the Middleton housemates footy appeal. The fellas at Chertsey made their own foosball game. Scott smiling back at his pie and sauce.

Jamie's a giant in the GV

Last month Jamie commenced training with the GV Giants Masters Football Club. For Jamie it has been a long term goal to play football with a main stream team. For the past few years Jamie has been playing with the All Abilities GV Stars team.



The GV giants' masters football club is an over 35's football club within the AFL Masters Vic Country league. The GV Giants have 2 ex-AFL players and lead goal kickers. GV Giants home ground is Kialla Recreation Reserve. AFL Masters is Football for those players over 35 years of age who enjoy their footy and want to keep playing in a non-competitive environment. Vic Country AFL Masters football clubs are located across the State.



The most important aspect of the game is "FOOTBALL FOR FUN". Vic Country doesn't play for points; have a ladder and/or finals. Egos are left at home. Criticism of other player's performance, abilities are not on. The players are all there to their best and have fun. For this reason, we have modified rules and modified attitudes to playing in order to minimize the risk of injury and keep us enjoying our great game longer.

GV Giants first potential game will be against the Echuca Emus at Echuca 25/26 July 2020 - to be confirmed, subject to covid-19 restriction requirements.

Community, Social & Inclusion participant Jamie Grahame in his new GV Giants uniform

See the possibility, not the disability

A positive attitude, keep moving and find time for relaxation ...

Isaiah and Sam showing their aerobic skills in the morning exercise program. Isaiah and Emma having a meditating moment in the relaxation therapy session after the morning exercise.



Calling all jars



Melinda B and Laetitia N delivering floral joy throughout our community



Hi everyone, just wondering if you have large jars to spare e.g.: coffee or jam jar size? Contributions may be dropped at Billabong Sweets and Treats (**8 New Dookie Road Shepparton**) if large quantities, email below for a pick up by the team. Clean and label removed would be great thanks.

- Jennifer Yuille, Flower Power

The team at Billabong Sweets and Treats billabongsweets@connectgv.com.au

GV RAGZ

GV RAGZ

About GV RAGZ

GV RAGZ operates Monday to Friday and provides cut rags for all your cleaning needs. Towelling and Sheet rags are sourced from a local supplier, with T-Shirt material sourced elsewhere.

Supported Employment Opportunities

Supported Employees are provided with the relevant training and supported by employment officers to enable them to participate in all aspects of this business. Various skills are developed including Machine cutting, weighing, social and communication skills, teamwork and delivering rags directly to businesses within the local community.

Purchase from GV Ragz

GV Ragz situated at 8 New Dookie Rd Shepparton.
(Located at Billabong Sweets and Treats) Rags available are T-Shirt, Towelling, Sheeting and Flannel.
By purchasing your rags from us, you are supporting a Connect GV social enterprise.
Creating Employment through community connections for people with a disability.
You can buy direct by visiting our shop.
Or order by phoning us on 03 58221716
or email
billabongsweets@connectgv.com.au



Flower Power



About Flower Power

Flower Power operates each Tuesday and Wednesday and provides fresh flowers arranged in vases delivered to local businesses. Flowers are sourced weekly from local growers, and wholesale suppliers, and are lovingly arranged into vases by supported employees.

Supported Employment Opportunities

Supported Employees are provided with the relevant training and supported by Employment Officers to enable them to participate in all aspects of this business. Various skills are developed including flower arranging, social and communication skills, team work and delivering flowers directly to businesses within the local community. Cash handling skills are also developed when supported employees bank the daily income at the end of the day.

Purchase from Flower Power

Flower Power is convenient and easy; it provides your business with an arrangement of flowers delivered to your door each week to ensure you always have fresh flowers. Fresh flowers in a business reception area create aesthetic appeal and a welcoming appearance. A small arrangement of flowers delivered to your business for only \$8.00 per week or a large arrangement of flowers for only \$15.00 per week.

By purchasing flowers from us, you are supporting a ConnectGV social enterprise. Creating Employment through community connections for people with a disability.

Contact ConnectGV on (03) 5821-2466 to arrange your deliveries.

Or simply fill in the order form provided and **Email: billabongsweets@connectgv.com.au**



See the Possibility, not the disAbility

Order FORM

Customer Details

NAME _____

COMPANY NAME _____

POSTAL ADDRESS _____

MOBILE NUMBER _____ HOME/WORK NUMBER _____

EMAIL ADDRESS _____

Order Details

ITEM	PRICE	QUANTITY	TOTAL
Small Vase	\$8.00		
Large Vase	\$15.00		
Posy boxed gift with sweets	\$20.00		
X Large Vase	\$40.00		
Delivery* Tue/Wed	Free Shepp/Moor	GRAND TOTAL	

Delivery Option:

Weekly Fortnightly Once off

Occasion: _____

*Please note we offer free flower deliveries to Shepparton and Mooroopna Tuesday and Wednesday

Confirmation

Payment Method:

Cash Cheque PayPal EFT Monthly Account

Customer Signature _____ Date: _____