

SKY IS THE LIMIT AT CURRAJONG

INSIDE



Cheryl's on the up



Living his best life



Photo galleries



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SHOOT FOR THE SKY!



LAST WEEKEND was certainly an active one for most of our Currajong participants.

From fishing to cooking to basketball and painting, the weather allowed many to get outside and enjoy the relaxed new restrictions.

Joey played some bball, Kaz did some painting, Shan cooked up a delicious treat and Sarah did a tour of Forbes while Kylee showed us mere mortals how it's done with a whirl on the hoola-hoop!

There really is always something going on at Currajong!

Our extensive activity program is also second to none in the shire providing participants a life with opportunities.

** Check our Facebook page for more photos.*

CURRAJONG
DISABILITY SERVICES



NEW START FOR CHERYL

CHERYL RAY has only been at Currajong 12 months and in that time she has made some massive strides. From literacy with support staff like Paulini (below) to riding her mobility scooter to drawing - Cheryl is living her life to the fullest. "She has come a long way," said Donna Little of Currajong.

"Her progress has been very good and she is really enjoying herself with us," Donna said.

"She is very independent too whether it be shopping or going to the library." Cheryl hopes that eventually she can be independent enough to go to Manly beach, build sandcastles and have a holiday but for now it's about her new home and settling in.

"I like living here at Currajong Street, it is my home now."



"I like living here at Currajong Street, it is my home now."



There's always something going on at



*MAIN: Jay Crouch painting another masterpiece;
BELOW: Jaime Nielsen stirring up a bowl;
BOTTOM RIGHT: Brayden Dukes at Forbes Basketball Courts;
BELOW MIDDLE: Karen Willis with her mural of artworks.*





CORONAVIRUS (COVID-19): Looking after your Mental Health

RESPONDING TO UNCERTAINTY



COVID-19 is changing the way we work and the way we live. We are part of an evolving situation where we don't know what will happen next. Feeling uncertain, overwhelmed, scared, sad, confused or angry is common and expected.

The good news is we can learn to live with uncertainty and respond in positive and productive ways.



Practical tips

- **Be aware of your thoughts and feelings.** Check in with yourself every day and remember some days will be better than others. Recognise triggers for stress and anxiety, breathe and seek support when needed.
- **Keep informed via official sources.** Get the latest news on COVID-19 from trusted sources. Mainstream media and social media are often sensationalised. It is also important to take a break (even from trusted sources).
- **Focus on things you can control.** Let go of the things out of your control. Focus on eating and sleeping well, and exercising at home or outside while maintaining physical distancing.
- **Maintain a positive outlook.** Use positive coping statements to help you stay calm and keep perspective. For example, 'There is a lot of uncertainty in the world that makes me nervous, but I can manage it if I focus on the things in my control'.
- **Stay connected by phone and online.** Keep in touch with friends, family and colleagues by phone, email, videoconferencing or messaging applications.
- **Look after yourself and others.** Reach out to colleagues, friends, family or people in your community who may need some extra assistance. One example is people having the added pressure of extended caring responsibilities.
- **Find opportunities to tell positive stories.** Share positive images of people who are looking after others, sharing their resources or who have supported a loved one.
- **Respect those providing essential services.** Acknowledge the hard work of health care workers, truck drivers and everyone working in essential businesses to keep us safe.



Self Help Tools

- Beyond Blue Wellbeing Plan template
- My Compass Self-Help Tool
- Mindspot Online Mental Health Assessment
- Mood Gym Interactive Mental Health Program
- HeadGear Worker Mental Health Assessment



SHANE LIVING HIS BEST LIFE AT CURRAJONG

SHANE Spicer and brothers Jason and Chris have been a regular feature at Currajong for years.

For Shane (pictured), keeping busy and learning new things and lately, refining and enhancing new skills, has been at the forefront of Shane's personal development.

Westview Residential Team Leader Donna Little has admired his progress while also ensuring the right mechanisms are in place for Shane to live his best life.

"One of Shane's favourite things is getting outdoors especially on these fine Autumn days," said Donna.

"When he doesn't get out and about he keeps to himself at home," she said.

"He is always willing to help and such a gentle person," Donna said.

"He keeps to himself a bit and likes to maintain his routine and bedroom.

"Along with the options our program provides, Shane gets just about all he needs from quality support to a variety of activities and programs he can participate in," Donna said.



For the latest info go to - <https://www.ndis.gov.au/>



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CORONAVIRUS (COVID-19): Looking after your Mental Health



MAINTAINING A BALANCED LIFESTYLE

Everyone needs to stay at home more to help slow the spread of COVID-19. We need to make maintaining a balanced lifestyle a priority. The reality is we may be living and working with COVID-19 restrictions for some time, which makes our physical health and the positive impact that has on our mental health more important than ever. The mental health continuum can help you identify when things are out of balance and get you back on track.



Coping

- Staying active, eating well and maintaining healthy habits
- Focused, productive and able to maintain a positive routine
- **ACTION:** Keep checking in with yourself, stay positive and connected.

Reacting

- Skipping meals, not taking enough breaks or going outside
- Unable to concentrate, engage with others and/or stick to a healthy routine
- **ACTION:** Reach out to a close friend, family member, colleague or connect with the Employee Assistance Program (EAP).

Not Coping

- No physical activity, irregular sleep and lack of appetite
- Unable to maintain a routine or cope with daily life and/or disconnected from family, friends, colleagues and community
- **ACTION:** Contact your GP, a counsellor or psychologist, EAP or other support services (see below).



Self help tools

- [Beyond Blue Wellbeing Plan](#)
- [Black Dog Self-Care Planning](#)
- [My Compass Self-Help App](#)
- [Mindspot Online Mental Health Assessment](#)
- [HeadGear Worker Mental Health App](#)
- [SportAus Find your 30 minutes of activity](#)



Support services

- Beyond Blue: 1300 22 4636
- Lifeline: 13 11 14
- MensLine Australia: 1300 789 978
- Suicide Call Back Service: 1300 659 467
- COVID-19 Telehealth Services



For more information

- [Australian Government](#)
- [Victorian Health](#)
- [Health Direct](#)
- [Australian Psychological Society](#)
- [World Health Organization](#)
- [Beyond Blue](#)





Free legal advice

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- De Facto relationships
- Parenting
- Property
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- Centrelink
- Discrimination
- Tenancy and housing
- Credit, debt and mortgage
- Scams and unfair deals
- Complaints about how you've been treated
- Work issues
- Consumer issues
- Car Accidents

Due to coronavirus, we are providing advice by phone only



**3rd Monday of the month,
11am–2pm. Call 6362 8022
to make an appointment**



**For free legal help at other times,
call LawAccess NSW on 1300 888 529**

FREE

Out and About ...



MAIN: Mark taking in water views in Forbes; at the bridge;
TOP: Tim McDonald throwing a line in at Condo on the Lachlan River;
BELOW RIGHT: Sarah Bowkett at the Bird Hide at Forbes.



"Disability is a matter of perception. If you can do just one thing well, you're needed by someone."

Martina Navratilova



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