

Newsletter #153

May 28, 2020

National Volunteer Week

INSIDE

NATIONAL 18-24 MAY 2020
VOLUNTEER
CHANGING COMMUNITIES.
CHANGING LIVES. WEEK

#StayAtHome



I support the
ndis



www.currajong.org.au



New staff begin



Bogan Fest boost



LIFE WITH OPPORTUNITIES - TOP LEFT: Oscar and Jason having a jam; TOP RIGHT: Jono and Jye having fun at the park; BELOW: Kym, Cheryl and Paulini having some time out after a busy day. NEXT PAGE: Mark and Karen having fun.



CURRAYONG
DISABILITY SERVICES



NATIONAL 18-24 MAY 2020
VOLUNTEER
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THANK YOU VOLUNTEERS

NATIONAL Volunteer Week (NVW) is the annual celebration to acknowledge the generous contribution of our nation's volunteers. This year, National Volunteer Week 2020 was held from Monday 18 May – Sunday 24 May 2020 with the theme "Changing Communities. Changing Lives".

While celebrations were subdued across the nation, National Volunteer Week 2020 has given us all a chance to take stock and appreciate all the efforts of our army of volunteers and Currajong is no different.

"Simply put, volunteers are part of the backbone of our organisation," said Dane Millerd of Currajong Disability Services.

"Whether it be a student studying prac, a support worker donating more time or a family member who wants to help - we are extremely grateful for all of our volunteers," said Dane.

"While we may not have been able to pay tribute the way we would have liked this year like in previous years, it certainly doesn't dilute the importance of the contribution of our volunteers or days like today," he said.

"Volunteering is great for self-confidence and the community and really can help empower and inspire."

And Currajong is always happy to look at more volunteers.

"We are always happy to look at more volunteers. The health sector lags a distant fifth in the most volunteered for organisations in Australia behind nearly every major group so hopefully we can improve that," said Dane.

"Contact us via the web, social media or come in and see us!"

There's always something going on at



TOP L-R: Cheryl, Karen and Paulini having a laugh; Amanda also has a chuckle at Parkes HQ; Chris at the can and bottle exchange; Jaime has a fruit break while the girls do craft in the respite hut; Sarah visits Ben Hall's grave and Jay can't wait for the NRL to kick off!





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

BOGAN FEST VENUE GETS A BIG BOOST

THE Regional Agricultural Show Development Grants Program is injecting \$20 million into 122 regional agricultural show societies, including Bedgerabong PA & H Association Inc.

The upgrades at the Bedgerabong Showgrounds will include the development of a multipurpose livestock facility, fence repairs, installation of barriers and an upgrade to the watering system. This is great news for organisers of Currajong fundraiser, Australia's Biggest Bogan Festival after the 2020 version of the event as postponed due to COVID-19.



ABBF organisers Brad Gibson and Luke Acheson (pictured) were stoked with the announcement.

"We are very excited about this development and needed some good news after the hard year this has been for everyone," said Luke Acheson.

"I know many are pleased we can move forward and raise some vital funds for Currajong and other charities," he said.

Dane Millerd of Currajong Disability Services was equally pleased with the announcement.

"Events like this raise important funds for support programs, resources and many other things," said Dane.

"We can't state enough how grateful we are to the guys and the ABBF committee - you're all amazing!"



Free legal advice

in Forbes

Legal Aid NSW lawyers can help you with problems like these:

- Marriage breakdown
- De Facto relationships
- Parenting
- Property
- Domestic violence
- Child support
- Fines
- 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



**1st Tuesday of the month
Call 6362 8022 to make an appointment**



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

FREE



WELCOME TO CURRAJONG DISABILITY SERVICES - Tania Fryer and Jodie Fuge! Great to have you both onboard and we all look forward to working with you! (INSET: Jodie Fuge; MAIN: Tania Fryer).

**Concerned about your
symptoms? Call the National
Coronavirus Helpline**

1800 020 080



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](#)



Your hearing and wellbeing is our number one priority

If we can do anything to support you with
hearing health, we're here for you.

We are here to help if you need[^]:



Batteries



Cleaning of your device



Repairs or spare parts for your hearing aid



Check in and maintenance



Replacement ear pieces

Contact us on:



Call us on 02 6393 0500



Visit us at hearing.com.au where we also offer live chat

[^]If you've been fitted with a hearing device through the Australian Government Hearing Services Program (the program), you have the option of entering into a maintenance agreement with Hearing Australia, which covers the cost of the above services for a small annual fee. Other fees may apply subject to eligibility requirements under the program.

Out and About ...



TOP LEFT: Bon and Jaydine; TOP RIGHT: Blake lines up a monster putt at Parkes Golf Course; Dave and Pete enjoy a brisk bushwalk after the rain and Oscar Browne has a day out in Forbes checking out the lake and enjoying some lunch.



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