

Life with opportunities ...



Mat's change of scene



Lots on @ Currajong



Bev says goodbye

TENPIN IS BACK!!!

COVID-19

LIFESPAN ON DIFFERENT SURFACES



air

3 hours - includes moisture from coughs/sneezes, fog, dust, medical gas



copper

4 hours - includes taps, draw handles



non-porous surfaces

4+ days- includes door knobs, elevator buttons, hand rails, light switches



cardboard

24 hours - packages and mail unlikely to transmit COVID-19



plastic

2-3 days - includes bottles, plastic bags, containers



glass

9 days - includes mobile phones, use disinfectant wipes not alcohol wipes

Source: World Health Organisation

7 NEWS
com.au

Reminder: How to reduce your exposure and chances of getting COVID-19:

- Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitiser with at least 70% alcohol.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Cover your nose and mouth with a tissue when you cough or sneeze, throw used tissues in the bin and clean your hands with soap and water or sanitiser. If you don't have a tissue, sneeze or cough into a flexed elbow.
- Clean and disinfect frequently touched surfaces each day. i.e. tables, benchtops, door handles.
- Stay home if you are sick and don't expose others. If you are unwell with flu-like symptoms, do not go outside your home, do not go to work, school or shops unless it is essential.
- Do not shake hands, hug or kiss as a greeting.
- Keep a distance of 1.5 metres between yourself and other people.

WELL BOWL ME OVER ...



DUST off the bag and start flexing the elbow - because Tenpin Bowling is back on Friday July 24 at Orange Tenpin Bowling!

With COVID-19 throwing most of 2020 into disarray, the return of the sound of falling tenpins is a welcome sign to many at Currajong who love a game when they get the chance. The Tenpin Bowling Competition is always a highlight and this year is no different.

"Everyone will be leaving Parkes at 9am and returning approximately 3pm," said David Parker of Currajong Disability Services.

"Cost for the day is \$23 and includes lunch and bowling," he said.

"Lunch only is \$9 and bowling only is \$14 and all payments are due the Wednesday before the date (Wednesday July 22)," David said.

"For safety reasons, can everyone please be dropped and collected from inside the centre please!"

Participants are also encouraged to pack their own morning tea as the canteen will not be operating.

"We'd also like to thank all the local organisations for their support and donations that allow our participants to continue to go tenpin bowling," said David.

"We couldn't do it without them!"

Contact Indigo Kriedemann on 6863 4713 for more information about the day and all the best Currajong!!!

(TOP LEFT: Sarah Bowkett; MIDDLE: Timbo, Shan and Tim; RIGHT: Strike!!)

There's always something going on at



TOP (L-R): The gang having a break; Seb celebrates 31 with cake; Sanu with his new hair do; Brad and Jye go 1 on 1; Literacy and numeracy skills are always a hit at the Lutheran Church for Dan!



Currajong NDIS Service Pricing Guide

Currajong NDIS Service Pricing Guide July 1, 2020

Currajong will be contacting you over the next few weeks to discuss your plan and pricing changes.

See link – <https://currajong.org.au/wp-content/uploads/Currajong-NDIS-Service-Pricing--July-1-2020-1.pdf>

****** The NDIA sets price limits for some supports to ensure they provide value for money for participants.

Changes to prices are updated to respond to market trends and changes in costs and are generally identified through an Annual Price Review, with any new prices outlined in an updated price guide, effective 1 July each year.

You can find the latest support catalogue and price information on the NDIS website at this link – <https://www.ndis.gov.au/providers/price-guides-and-pricing>

Currajong would also like to thank all staff, families and participants for their patience and understanding throughout 2020. It has been a challenging year but we are getting through it and we couldn't do it without you - our people!



Disability News

National Diabetes Week 2020 is on from July 12 - July 18. Heads Up on Diabetes – a new campaign focusing on the mental and emotional health impact of living with diabetes is launched. Find out more at - <https://www.diabetesaustralia.com.au/about-diabetes>

One year since Australia's Biggest Bogan Festival was held in the Parkes Shire as a fundraiser for Currajong Disability Services. The event will return in 2021. Watch this space for more info on dates, location, entertainment and ticket prices!



POSITION VACANT

Currajong Disability Services Ltd – Parkes
We are seeking interested applicants for a Casual Disability Support Worker position based out of Parkes. Experience preferred but not essential. The position involves personal care and working weekends including evenings and nights. Position description and applications can be obtained via mail@currajong.org.au or 02 6863 4713

NEW STAFF



Welcome to Currajong
Margot Thornton!

DONATE FOR OUR MATE

DONATE TO DOUG FOR DRY JULY!!

Why I'm Taking Part - Doug Pout

Believe it or not, I've signed up for a Dry July! But it's more than just giving up alcohol... It's also about raising funds for people affected by cancer.

Please support my Dry July challenge by making a donation. Your donation will help provide comfort and support to cancer patients and their families when they need it most.

Thanks in advance for your support.

<https://www.dryjuly.com/users/douglas-pout?fbclid=IwAR2g5Zg-bU08ugaaf8tg3DHRsjgmLzq-S7oEBdbm0c207uCYSwQNRHxIV0>

MAT FINDS HIS GROOVE IN DISABILITY INDUSTRY

FOR most of his adult working life Mat Brown has worked as a baker. Whether he was cooking up pies or flummaries, Mat thoroughly enjoyed and still loves baking.

So when he injured his back, Mat, as part of his rehab, has been doing a work trial with Currajong Disability Services in Parkes and to say he loves it is an understatement!

"It's a fantastic job and a great organisation," Mat said.

"It's my first foray into the industry so I am taking in all I can," he said.

"Hopefully it eventuates into something."

While Mat and Currajong are under no obligation beyond the initial three month trial to take the placement any further, Mat is optimistic as he continues to manage his injury and rehab whilst learning about a new industry he admits he is really starting to love more and more.

"The people, the culture - everyone has been so welcoming and I can't thank Jodie and the team enough!"

Welcome aboard Mat!



MAIN: Mat Brown at Parkes HQ; **INSET:** Mat with Pete Rawson

Life with opportunities ...



WE ARE GOING TO MISS YOU BEV



WHEN Beverley Gabriel-White started in late 2011 at Currajong Disability Services she had no connection to the Parkes shire at all. It was a big move from Goulburn for Bev and now nearly nine years later, she leaves with a treasure trove of friendships and highlights that will last a lifetime.

"Currajong provided me with a better opportunity at the time as one-on-one disability care was and still is my main passion," Bev said.

"Currajong allowed me to do that and it was an exciting challenge for me," she said.

"While there are many things that I will remember and that make me smile, I am very pleased how much Jay Crouch has progressed during my time having been one of his main one on one support workers," said Bev.

Karen Willis is another and the list goes on and on and on.

"There's too many to name - Bev has left an indelible imprint on so many and not just our participants but staff and families as well," said Neil Hamilton, another support worker and colleague from Currajong.

Yet it is arguably her work with Ian Kaupke that is most impressive especially if you ask colleagues or the Kaupke family.

"Bev has many qualities but her best is supporting people with complex needs. Her ability to support and empower participants 1:1 in their homes and in the community to achieve their goals is uplifting," said Service Delivery Manager Jodie Turner of Currajong.

"Her work with Ian Kaupke particularly has been exceptional but everything she does is," Jodie said.

"Bev has supported Ian Kaupke for the past two years to achieve his key goal of gaining employment. Ian's love for animals has gained him work at The Pound in Peak Hill" she said.

Ian's grandfather Wolfgang echoed Jodie and Neil's sentiments.

"His life has changed because of her and he is getting there. She has done wonders for him and there isn't anything she wouldn't do for him and us," said Wolfgang Kaupke.

"Apart from helping him get work she also has been helping him get his license, going above and beyond for him and our family. Often she will do things she doesn't have to do because she cares and she is passionate about what she does and it shows," he said.

"Beverley has a great outlook and knows what she is doing and understands how to get the best from Ian. I know I speak for many when I say she will be greatly missed."

While Bev's last shift for Currajong isn't until August 10 she knows the end date is nearing but leaves with so many positive memories.

"I feel personally I have really helped (or tried my best anyway) though everyone has played a big part in Currajong's success and it makes me feel great," said Bev.

"I am going to miss friendships and staff and the participants - I see them down the street often and I just know I will miss that. When I came here I didn't know anyone and now everyone is like family to me," she said.

"I will be back to visit and keep in touch for sure so while I may no longer live and work here I will definitely be seeing you all soon!"

August 10 is Bev's last shift and then she is off to the Hunter Valley to start her new role.

"Thanks to everyone who has made this adventure and role so enjoyable - so glad I can walk away from here knowing I can come back and I have friends and family for life."

All the best Bev and thank you for all you have done and providing light for so many! We will miss you!

Coming Up ...

July

- * Cord Blood Awareness Month
- * International Group B Strep Throat Awareness Month
- * Juvenile Arthritis Awareness Month
- * National Cleft and Craniofacial Awareness and Prevention Month
- * World Hepatitis Day (July 28)

August

- * Children's Eye Health and Safety Month
- * Gastroparesis Awareness Month
- * National Breastfeeding Month
- * National Immunization Awareness Month
- * Psoriasis Awareness Month
- * World Breastfeeding Week (Aug. 1-7)
- * National Health Center Week (Aug. 9-15)



HEADS UP ON DIABETES

Diabetes is relentless.
Diabetes distress, anxiety
and burnout are real.

LET'S TALK ABOUT **DIABETES & MENTAL HEALTH**

**NATIONAL
DIABETES
WEEK 2020**



diabetes
australia

**Talk to us
1800 533 774**

www.headsupdiabetes.com.au

National Diabetes Week 2020 is on from July 12 - July 18.

Diabetes is relentless. Every minute of every day, a person with diabetes faces decisions, thoughts, worries and fears about their diabetes and the future impact the condition may have on their health.

The daily burden of living with diabetes can be significant. It's estimated that people with diabetes face up to 180 diabetes-related decisions every day. That's more than 65,000 extra decisions a year.

Diabetes distress, anxiety and burnout are real complications of diabetes.

That's why we're launching Heads Up on Diabetes – a new campaign focusing on the mental and emotional health impact of living with diabetes.

This National Diabetes Week, let's have a conversation about the real impact diabetes can have on a person's mental and emotional well-being.

Find out more at - <https://www.diabetesaustralia.com.au/about-diabetes>

**Looking for an
NDIS provider?**



CURRAYONG
DISABILITY SERVICES