



Stay COVID connected



Lots on @ Currajong

1000 REASONS TO SMILE!



Find us on
facebook

Life with opportunities ...

STAYING CONNECTED

IT'S now more important than ever to look after yourself and loved ones by staying connected during these challenging times. While we may not be able to do all the things we used to do pre-COVID, we can still enjoy many activities others can't.

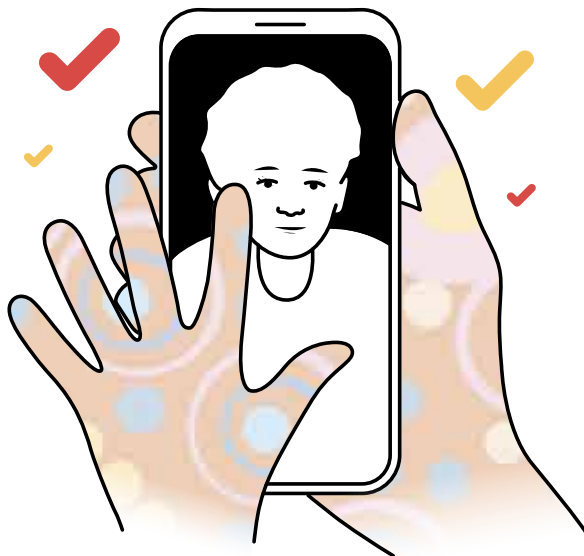
With 90% of disabilities being invisible and the rapidly rising numbers of those diagnosed with mental health illnesses, staying active, having interests, making healthy lifestyle choices and maintaining connections despite COVID restrictions, can all help ease feelings of anxiety, depression or loneliness.

If you are struggling to cope during the pandemic and need assistance during these difficult times remember you aren't alone and there is always someone you can talk to. Call Lifeline on 131114 or go to www.lifeline.org.au

STAY CONNECTED

BE COVIDSAFE

Set up times to regularly check in on friends, family, Elders, Aunties and Uncles. Stay connected over the phone or online.



Download the **COVIDSafe** app on your phone so you'll be contacted if you are exposed to coronavirus.



Phone the 24 hour **National Coronavirus Helpline** on **1800 020 080**.



Visit **australia.gov.au** and follow **#keepourmobsafe** on social media.



Australian Government



in 2020



JAY CROUCH has been making the most of restrictions while at the same time practising all the right procedures.

From lunch in the park to a day at the Parkes rugby to Uno and trips to The Dish - Jay has had a great time keeping connected but also staying safe.

There's always something going on at



TOP (L-R): Cecile Street gang go to the rugby; Chris Spicer, a man of many hats: Oscar and Jason have a chuckle; Jaime loved getting out in the sun while Cherie enjoyed some outdoor time as well.



LIVING A BETTER AND HEALTHIER LIFE

IT'S no secret we could all be doing much better and making healthier lifestyle choices. Whether it be what we eat or how much exercise we get, adopting and sticking to a solid meal plan and disciplined fitness program can not just add years but also quality to your life.

Currajong has not only had a focus on providing care and support for all of our participants but also promoted fitness and health through a raft of programs and plans.

Whether it be leisurely walking at the lake in Forbes or visits to specialists throughout the region, Currajong has long been active and progressive through it's array of services and programs.

"Meal prep and diet plans are one of those factors in adopting and maintaining a better quality of life," said Doug Pout of Currajong.

"It can be done and you do benefit from it," he said.

"Eating more of the right things as well as adding some exercise to it if you can I can say definitely makes a big difference," Doug said.

(Below: Rhyse Forrestal and Doug Pout of Currajong Disability Services)



2020



FutureChoices

www.facebook.com/hccexpos

Future Choices **VIRTUAL** Transition Expo

Information for Students with Disability in School, VET, & University - Living in Regional/Rural NSW/ACT

Wednesday 9 September 9.00 am – 5.00 pm



Who should come? Transitioning with disability needs a bit more planning...

- Students with disability from school, Vocational Education & Training (VET), & universities in regional, rural & remote NSW/ACT who need information & support in the move to life after study
- Families-carers, school-VET-uni staff, services & providers who need information, links & resources to assist transitioning students/people with disability

Exhibitors will include universities, VET providers, apprenticeship/traineeship providers, employers, employment services, disability services, government agencies, assistive technology providers, support services, community connections, & more!

You may not think of yourself as having a 'disability' but the definition is broad & includes learning disability, Autism Spectrum Disorder, medical conditions, mental illness, physical conditions, sensory impairments, intellectual disability, & much more

**FREE TO ATTEND | USE YOUR COMPUTER/DEVICE TO WALK THE VIRTUAL LOBBY & EXHIBITOR HALL
ZOOM/TEXT DIRECTLY WITH EXHIBITORS | LOAD RESOURCES INTO YOUR VIRTUAL BACKPACK
VIEW VIDEOS IN THE VIRTUAL AUDITORIUM & FROM EXHIBITOR TABLES
EXPO STAYS ONLINE FOR 3 MONTHS AFTER LIVE DAY ON 9 SEPT**

Expo Queries & Exhibitor Expression of Interest from transition related services

Email or call Career Links futurechoices@careerlinks.nsw.edu.au | ☎ 4967 1050

Attendee Registration link

<https://futurechoices.vfairs.com> – as at 10 July this page was still been built. Additional information will be added shortly



*An event brought to you by Career Links, NDCO Program, NSW
Department of Education Support Teachers (Transition) & school staff*

 www.facebook.com/hccexpos



CONDOBOLIN COVID-19 DRIVE-THROUGH TESTING

WHEN: WEDNESDAY 5 AUGUST 2020

TIME: 10.00AM - 2.00PM

LOCATION: FORMER CONDOBOLIN BOWLING CLUB SITE, ENTRY VIA EVANS STREET.

YOU CAN BE TESTED FOR COVID-19 EVEN IF YOU ONLY HAVE MILD SYMPTOMS, WHICH CAN INCLUDE:
FEVER, COUGH, SORE THROAT, SHORTNESS OF BREATH, RUNNY NOSE, TIREDNESS

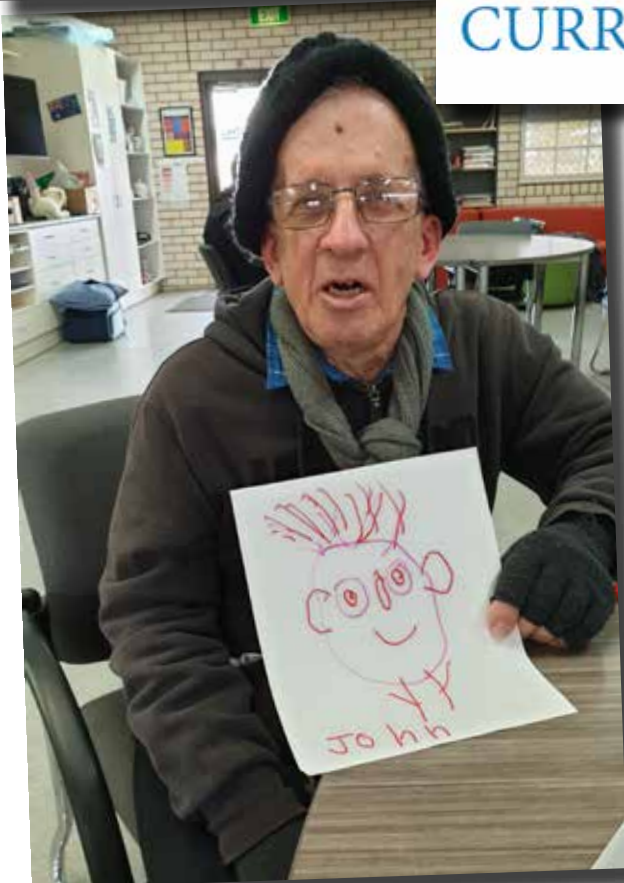
WHAT HAPPENS AT A DRIVE THROUGH TEST?

- STAY IN YOUR CAR - OUR TEAM WILL COME TO YOU
- YOU WILL NEED TO ANSWER A FEW SCREENING QUESTIONS AND PROVIDE PERSONAL DETAILS
- A SWAB IS TAKEN FROM YOUR THROAT AND NOSE
- SWABS ARE SENT AWAY FOR TESTING
- PEOPLE WHO ARE TESTED ARE ASKED TO ISOLATE UNTIL THEY RECEIVE THEIR RESULTS
- RESULTS NORMALLY TAKE BETWEEN 24-72 HOURS. ASK ABOUT RECEIVING A TEXT MESSAGE FOR FASTER RESULTS IF THEY ARE NEGATIVE
- TESTING IS FREE

Condobolin COVID-19 drive through tests at the former Condobolin Bowling Club site, with entry via Evans Street.



Health
Western NSW
Local Health District



JOIN US AT [STEPEMBER.ORG.AU](https://stepember.org.au)

1 - 28 SEPT 2020

***WE CHALLENGE YOU
AND YOUR COMPANY
TO STEP UP***

***MOVE TOGETHER
FOR CEREBRAL PALSY***

MADE POSSIBLE BY



STEPEMBER

GLOBAL PARTNER



IF IT CAN MAKE YOU
HAPPY ... DO IT!

August

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

Have a hobby ...



THERE are numerous ways to keep connected and entertained from online activities and games through to painting, drawing, craft and music. Heather Coates has long loved to draw. Her Ken Done-esque creations range from staff to every day events. Heather also loves music and dancing.

Keeping active

KEEPING fit and exercising is important for everyone. From golf to weights to swimming at the local pool, having some sort of fitness regime is vital now more than ever to remain healthy and connected.



Rhyse Forrester at the gym as part of his exercise regime. Rhyse also follows a strict diet plan and keeps busy through acting, music and more.

**Looking for an
NDIS provider?**

CURRAYONG
DISABILITY SERVICES

