

August 25, 2020

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*Shane gets arty*



*Weekly snapshots*

# ALL FUN AND GAMES

[www.currajong.org.au](http://www.currajong.org.au)

# Shane gets inspired

WITH 2020 being a year of change for many, Shane Spicer, one of the numerous participants at Currajong Disability in Parkes is no different.

Shane, under the watch of Art Therapist Maralyn Nash, has been drawing, painting and creating his own unique style of art.

Westview Team Leader Donna Little is not the only one ecstatic with Shane's progress and to some extent shocked by his new found talent.

"Shane not only loves art therapy and Maralyn but he also enjoys creating new drawings and pieces of art," said Donna.

"It is having a positive impact on him and he has improved in many areas," Donna said.

Maralyn Nash agreed.

"Shane is really going well and responding to art and art making," she said.

"Each session gets better and bolder as well as brighter!"

Maralyn has also had great success in the art therapy space with another participant, Sarah Bowkett, who only 2 years ago held her first exhibition.



**ABOVE: Maralyn Nash with Shane Spicer working on some new pieces.**





## 2020 BOWLING COMPETITION IN ORANGE



Our next visit to Orange for the Bowling Competition will be on

**Friday 28<sup>th</sup> August 2020**

We will be leaving Parkes at 9am & returning at approx.  
3pm

Cost for the day is \$23 for lunch and bowling

\$14 for bowling only

\$9 for lunch only

(Due the Wednesday before bowling date)  
- Which covers the cost of bowling, lunch and transport.

**For safety, can everyone Please be dropped and  
collected from inside the Centre.**

Please pack your own morning tea as there  
Will be no Canteen operating



Please contact Indigo Kriedemann if you require any further information.  
All the best of luck - Go Currajong!

Indigo Kriedemann  
Direct care team leader



**\*Thanks to the parkes RSL for their generous donation to fund the  
bus for bowling.**





**There's always something going on at**



**TOP (L-R): Timbo gets some physio; The Masked Duo - Wendy and Wade; Mark aiming for a bullseye; Bonnita Brady is all smiles while on a trip to Forbes and Peter Rawson is keeping his room spick and span to avoid germs.**

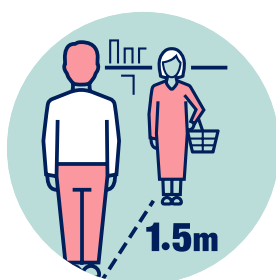


**Submit your event or story to us for our weekly newsletter by emailing us at - [dane.millerd@currajong.org.au](mailto:dane.millerd@currajong.org.au) or via our Facebook page or our website - <https://currajong.org.au/contact/>**



# Keeping everyone safe: Physical distancing

helps stop the spread of COVID-19 between people



**Stay 1.5 metres or 2 big steps away from other people.**



**Follow NSW rules for gatherings (individual and business).**



**Limit visits with family or friends. Talk to them on the phone or online instead.**



**Outdoor exercise is OK but stay 1.5 metres away from others.**



**No shaking hands, hugging or kissing other people.**



**Get tested if you have any symptoms. Self-isolate until you get your test results.**

## Stay Safe



**Wash your hands with soap for at least 20 seconds or use a hand sanitiser.**



**Cough or sneeze into your elbow or a tissue. Throw the tissue away immediately.**

## COVID-19 symptoms



**Fever**



**Cough**



**Sore throat**



**Shortness of breath**

## For more information

Call the National Coronavirus Health Information Line on 1800 020 080.

For a free telephone interpreter ring 131 450, say the language you need. Ask the interpreter to connect you to the Coronavirus Health Information line.





# Future Choices Virtual Transition Expo

for Students with Disability

**9<sup>th</sup> September 2020** 9-5pm

Presented by



Regional NSW & ACT

[futurechoices.vfairs.com](https://futurechoices.vfairs.com)



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**1 - 28 SEPT 2020**

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

***MOVE TOGETHER  
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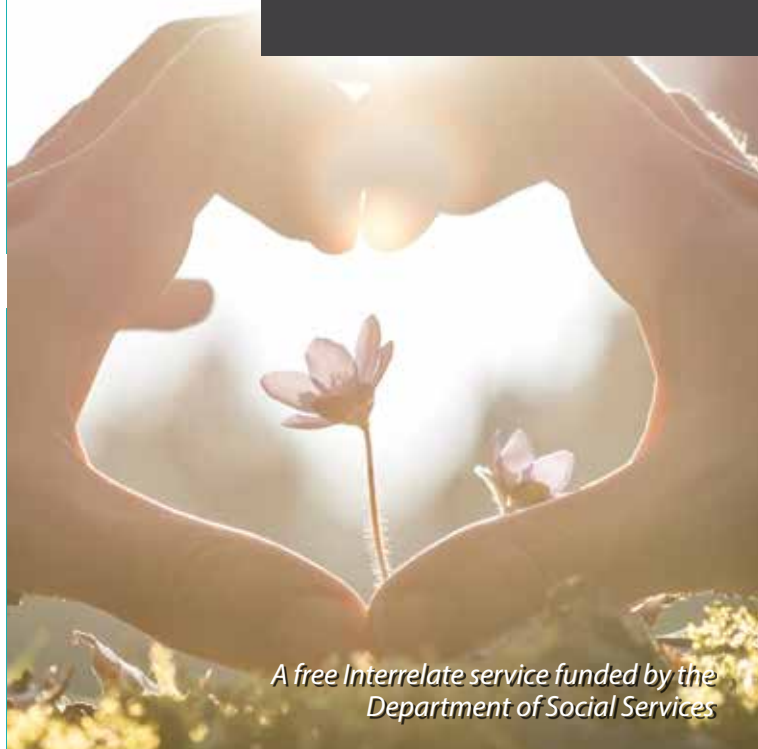
Making  
space  
for  
greatness





## Interrelate Counselling Support Service

for people with a disability  
who have experienced  
violence, abuse, neglect  
and exploitation, and their  
parents, carers and family  
members



*A free Interrelate service funded by the  
Department of Social Services*



### To book a free confidential counselling session with an Interrelate counsellor:

Phone: 1300 473 528

Online: Send a message using the  
online form [interrelate.org.au/  
contact-us](https://interrelate.org.au/contact-us)



## Interrelate Counselling Support Service

for people with a disability  
who have experienced  
violence, abuse, neglect  
and exploitation, and their  
parents, carers and family  
members

**1300 473 528**

Monday to Friday • 9am - 5pm

*Trauma informed and culturally appropriate  
community based support services*



### Safety

Interrelate is committed to providing  
a safe environment where you can  
receive a range of individually tailored  
services.

### Confidentiality

Interrelate staff operate under  
confidentiality guidelines.





## August

- \* Children's Eye Health and Safety Month
- \* Gastroparesis Awareness Month
- \* National Breastfeeding Month
- \* National Immunization Awareness Month
- \* Psoriasis Awareness Month





# Life with opportunities







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DISABILITY SERVICES