



Looking for love?



New staff

**CONGRATULATIONS**  
**MICHELLE**

**11 & counting**





## Supporting the person you care for with making decisions and planning for the future

**Do you support someone with making decisions and planning for the future? Do you want to better understand your role and how to access support?**

If you support an older person or an adult with disability with decision making and planning for the future and would like to better understand supported decision making, the role of a guardian, and other supports that are available to you, this session is for you.

This free webinar will provide you with the opportunity to hear from a panel of experts on guardianship and supported

decision making, elder mediation and carer support, with plenty of time for questions and discussion. Participants submit their questions ahead of time.

Carers NSW, the Public Guardian and Relationships Australia NSW invite you to join an online session on:

**Thursday 24 September 2020,  
from 10:00 to 11:30am**

Please register online [here](#) by Wednesday 23 September 2020.

For more information, please contact the Carers NSW Education and Training team at [education@carersnsw.org.au](mailto:education@carersnsw.org.au) or on 02 9280 4744.

# LOOKING FOR LOVE? LOOK NO FURTHER!

ARE you looking for love? Are you on the spectrum or open to dating someone who is? Then Northern Pictures and Love on the Spectrum series producer Jenni Wilks wants you!

"We are not only looking for people who are on the autism spectrum to be part of the series but anyone open to meeting or dating a person on the spectrum who might have another disability or condition – or no disability at all," said Jenni.

"We are also looking to meet couples who might be open to be part of the series.

"One of the people in the couple would need to be on the autism spectrum," Jenni said.

As with 'Employable Me', the LOTS team feel they have the unique opportunity to educate an extensive audience about ASD and disability, breaking down some of the myths, misconceptions and stereotypical views.

"We are not wanting to impose a point of view or an agenda - the participants in the series will be the voice of the documentary," Jenni said.

"They will be given the opportunity to tell their own story.

"We feel that is important and what the series is about in many ways," she said.

"We hope to work with Currajong and fingers crossed we can."

It is a rare opportunity for anyone from your organisation to register their interest and who knows, they maybe the next person on the show!

Love on the Spectrum currently screens on Netflix and Northern Pictures have sounded out Currajong to try and find more talent for the series.

"COVID has meant we need to keep things more state based which opens up another chance for regional areas to get involved," said Currajong Comms and Marketing Manager Dane Millerd.

Interested parties can email - [dane.millerd@currajong.org.au](mailto:dane.millerd@currajong.org.au)



PARKES Boars who many from Currajong are associated with, had a big weekend just passed when they raised vital funds for mental health.

In a big day for the club all three grades were playing at home as supporters came to fill the hill.

The first grade side wore unique jerseys that were auctioned off after the game to raise money and awareness for the Rural Adversity Mental Health Program.

From all reports, it was an extremely successful day and a big congratulations to Paulini and the Parkes Boars girls team for raising vital funds for mental health too - you all rock!



There's always something going on at



**TOP (L-R):** The gang went to the Forbes carnival on the weekend while Jay went flying, Jaime did her exercises, Donna with Charlie at Coffee Pot and muso's Tim McDonald and Ben Crouch had a jam on the guitar out at our office in Condobolin.



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/>







# OUT OF THIS WORLD

## Art Competition

**\$3000**  
IN PRIZES

It's time to **launch your imagination** in our **2020 Challenge Community Services Art Competition!** People with disability of all ages, and young people in foster care throughout NSW are invited to enter using **"Out of this World"** as their inspiration.

For competition details, please visit our website  
[www.challengecommunity.org.au](http://www.challengecommunity.org.au)

### Key Dates:

Entries Open: Now!

Exhibition Opens: Tuesday 1 December | 11am-4pm

International Day of People With Disability &

Voting Day: Thursday 3 December | 11am-4pm

Presentation Day: Thursday 10 December | 11am-12:30pm

Artworks will be on display at Ray Walsh House, 437 Peel St, Tamworth  
from 1 December 2020 to 4 January 2021

Entries Close Friday 13 November

For more information please contact Challenge Marketing  
on (02) 4918 1413 or email [marketing@challengecommunity.org.au](mailto:marketing@challengecommunity.org.au)

**SCAN ME**



**CHALLENGE**  
Community Services







# Fun at Forbes Fair

IT may not have been the Forbes Show and it may not have had many of the bells and whistles that come with it either but that didn't stop participants of Currajong making the trek to Forbes to have some fun at the Forbes Fair.

Driven by Forbes Council and Steve Karaitiana, a respected voice in the Entertainment and Amusement industry, the Forbes Fair attracted a great number of people from Forbes and surrounding regions.

With COVID restrictions still clearly in place and with no sign of abating anytime soon, the new, rebranded carnival still had a lot to offer from show rides such as Midnight Madness through to the dodgem cars that Dan Jones especially took a liking too.

"They all had a ball!" said Kristy Harvey of Currajong.

"It was great to see everyone out having some fun.

"I know they all haven't stopped talking about it since either!" she joked.



Empowering Autism Families



**WE NEED YOUR HELP!!**

**Autism Awareness Australia is developing a digital tool kit called Autism: What Next? It will be a central hub to help individuals and families navigate the diagnostic process and support them in that first year.**

**For decades, one of the most common issues in autism has been the lack of quality information and guidance available to parents and individuals seeking and receiving an autism diagnosis.**

**We are looking for rural and regional parents and carers of autistic child/ren to join our design groups and tell us about your experiences, review our content and website design to help inform this project which will make the process easier for families and individuals in the future.**

**Zoom calls will be held Wednesday 7 OR Thursday 8 October, 2020 at 10 - 11am.**

**To thank you for your time and input we will be offering \$50 cash transfer for each zoom call attended.**

**To register please email [events@autismawareness.com.au](mailto:events@autismawareness.com.au)**

**For further information read  
[more.https://autismwhatnext.paperform.co/](https://autismwhatnext.paperform.co/)**



# LOOKING FOR PARTICIPANTS



## LOVE on the spectrum

**We are looking for participants for Series 2 of Love On The Spectrum for ABC TV**

We are looking for single people, who are on the autism spectrum and are interested in dating - as well as anyone who is open to dating someone on the spectrum.

You may have no history of dating, or you might be an experienced dater, feel free to get in touch and say hello.

We are also looking for people in relationships, you may have just started seeing each other or you may have been together for years.

As with the first series, we aim to make an honest, sensitive and insightful documentary.

We are keen to hear from a range of people - we are hoping to represent the great diversity of the autism spectrum.

If you or someone you know might be interested in speaking with us, please send an email with a brief description of yourself (and a photo) to: [lots@northernpictures.com.au](mailto:lots@northernpictures.com.au)

**Our company has produced many award-winning television documentaries.  
You can find out more about us here: [www.northernpictures.com.au](http://www.northernpictures.com.au)**



# Welcome Kerry Dunn and Megan Clifton!



## Have you sorted your paper shredding?

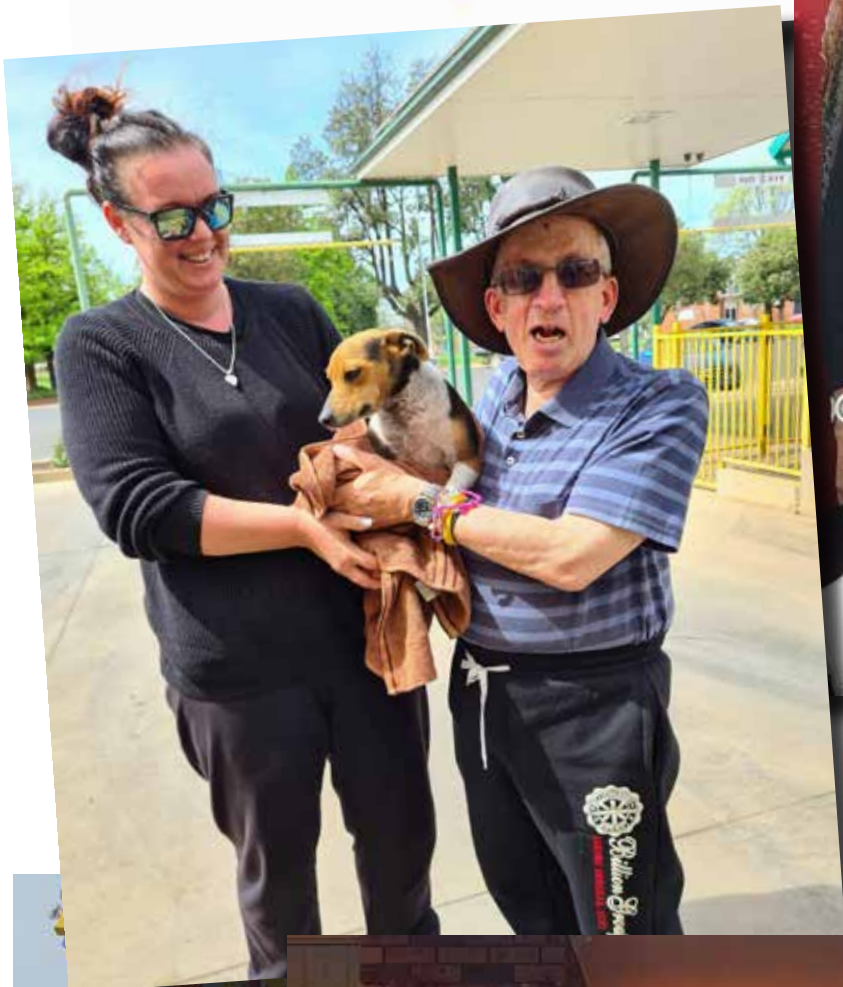


You can call on 6863 4713 or try email -  
[mail@currajong.org.au](mailto:mail@currajong.org.au) or contact us via  
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<https://currajong.org.au/contact/>



Find us on  
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**Life with opportunities**





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



## MONITORING YOUR RESPONSES TO COVID-19

The way we respond to COVID-19 will likely change as further news and information becomes available. You can use the mental health continuum to monitor your responses and understand what to do and when to take action. When you recognise where you are on the continuum you can take steps to protect and improve your mental health.



### Coping

- Coping with normal mood fluctuations
- Able to focus and be productive
- **ACTION:** keep active, eat well and stay connected

### Reacting

- Nervous, angry or distracted
- Disrupted sleep or unable to focus
- **ACTION:** connect with a trusted friend, colleague, health professional or contact the Employee Assistance Program (EAP).

### Not Coping

- Excessive anxiety and stress
- Unable to sleep or concentrate
- **ACTION:** contact your GP, a counsellor or psychologist, the EAP or other support services (see below).



### For more information

- [Australian Government coronavirus \(COVID-19\) health alert](#)
- [Health Direct - Coronavirus \(COVID-19\)](#)
- [World Health Organization - coronavirus disease \(COVID-19\) outbreak](#)
- [Beyond Blue - looking after your mental health during the coronavirus](#)



### Support services

- Beyond Blue: 1300 22 4636
- Lifeline: 13 11 14
- MensLine Australia: 1300 789 978
- Suicide Call Back Service: 1300 659 467
- Emergency Services: 000
- Employee Assistance Program (EAP): 1800 808 374
- [COVID-19 Telehealth Services](#)





**Looking for an  
NDIS provider?**

