

Over the Back Fence



Mirridong
SERVICES
— INC —

Autumn
2023

Participants love 'Having A Say' at Geelong



Details on Page 4...

Important Dates

- April 6** Term End - Easter Break
- April 17** Day Service Resumes
- April 25** ANZAC Day - No Participants
- May 15** Staff Training Day - No Participants
- June 9** Day Service Closed
- June 12** Kings Birthday - No Participants
- June 30** Term End - Winter Break

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From the Chief Executive Officer



Hi All,

Find your woolly coat, its nearly time to rug up as we quickly look towards winter and say goodbye to the sun, even if it did play hide and seek with us. We are all about to embark on a week off to enjoy the Easter break in whatever fashion each person's culture or religious background chooses to, I hope you all enjoy your break and take in the activities the area has on offer over the long weekend.

Over the past couple of months there have been lots of outings and enjoyable activities done by all participants. I think the outstanding one being a group going to the Have A Say Conference run by Valid in Geelong. There were 12 participants and 6 staff in total enjoying the conference, the Red Faces on the Monday night and the dinner disco on the Tuesday night. We all headed out to the Werribee Open Range Zoo on the Wednesday enjoying the sunshine and the many animals around the zoo, it's like a mini Africa in Australia. We finished the 5 days off by having a get together in my room, all 18 of us had dinner and drinks and enjoyed each other's company with lots of laughter and talking about the day's events. I think this is the third time I have been to this conference with our group, and I must say I still enjoy the inclusive feeling you get when you're in a room with approximately 700 people, everybody enjoying each other's company and being able to speak to complete strangers like you have known them forever.

I would like to say a sad goodbye to Rick, one of our staff at Day Services, he is following his partner to South Australia and we will all miss his goodwill, laughter and skills he brought to Mirridong. We are so grateful you were at the wrong address the day you walked into our business looking for Marie, ummmm Marie who? You have been an asset to our business and we will all miss you being here.

Mirridong's family of support workers keep growing, we have some great people working in the Residential area of Mirridong which is equally as important to our participants to have great staff in their homes. I would like to thank some of the workers for stepping up and having a go at working at the Day Programs to fill in for some of the staff on leave, it's nice to mix it up sometimes and we all appreciate your help.

Speak to you all next quarter.

Doreen Milne

Easter Raffle Winners



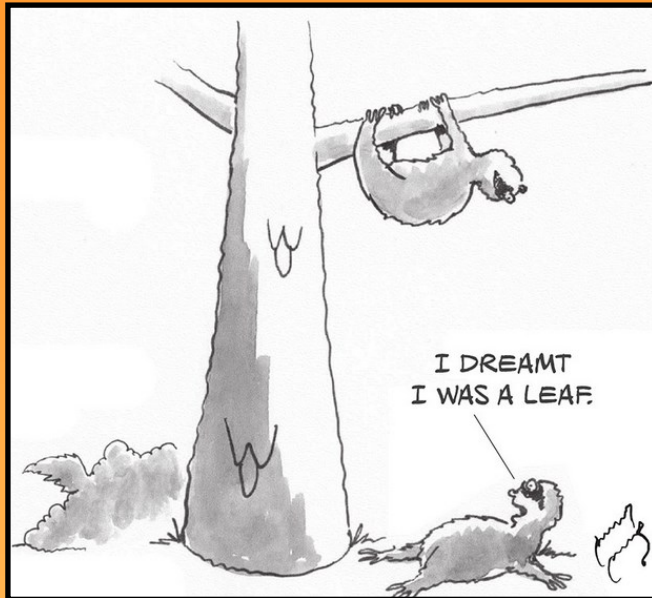
Congratulations to all of the winners from the Easter Raffle. Thank you to everyone who purchased an Easter Raffle ticket and to the clients and staff for donating the chocolate. A grand total of \$743 was raised from ticket sales this year.

The winners for this year are:

1st Prize - Ruben **2nd Prize** - George Triantafyllou **3rd Prize** - Christine Morrey

Winners of chocolate bundles: Lisa VK, Linda Fear, Jake Nicholls, Tilley Pattinson, Tilley Pattinson (again), Jean LM, Jarrod Thomas, Samara Beaton, Jodie Lennon and Vanessa Twigg.

A bit of Autumn Humour



Q: Why did the tree decide to start taking art classes?

A: She wanted to branch out.

Q: What is it called when a tree doesn't think it's autumn?

A: Disbe-leaf

Q: What can a whole apple do that half an apple can't do?

A: It can look round.

Q: How do trees get on the Internet?

A: They just log on.

Q: Why did the scarecrow win the Noble Peace Prize?

A: Because he was outstanding in the field.

I went to an outdoor restaurant last night...It was a total disaster. It poured with rain. It took me 2 hours to finish my soup.

Arrivals and Departures Lounge

(and Congratulations)

The Residential Team **welcomed Karli McApline** to the team in February. Karli is new to the disability industry but comes with 13 years of experience as an Enrolled Nurse having previously worked at Yarram and District Health Services and Prom Country Aged Care.

Gail Reed was also **welcomed** to the Residential Team in March. Disability is a new industry for Gail, however she brings with her 21 years of experience as an Enrolled Nurse. Gail previously worked at Yarram and District Health Service for 14 years.

We are excited to welcome Karli and Gail to the Mirridong community and hope that they enjoy being part of the team.

We **congratulate Rick Malloy** on completing the Certificate 4 in Disability during March 2023. Rick has been a valued Day Service team member for just on two years but is now sadly **departing** Mirridong and Victoria to start a new life in Adelaide. We all wish Rick well for this new

chapter in his life.

Melissa Brooks has **moved** on from the Residential Team at Mirridong after one year in the team. Melissa has moved to the greener pastures of southern New South Wales not too far from the beach. We thank Melissa for all her effort in supporting the residents that moved into the newly completed Unit 5.

After serving Mirridong for just under four and a half years **Robyn Aitken** has **resigned** from the Residential and Outreach Teams. We thank Robyn for being part of the team that started running Unit 4 and for supporting Day Service clients with their outreach needs.

Congratulations to both **Maureen Gardner** and **Kath Finn** for completing the Certificate 4 in Disability. Over the last year both have been spending one day a week in the classroom with Partners in Training in Sale. Both have put in an amazing effort to complete their studies in their own time.

Having A Say

This year the Having a Say conference was held on Monday 20th February and Tuesday 21st February 2023. A very excited group of 12 Client's left Yarram on Sunday the 19th February for the drive to Geelong.

This year we stayed at the Novotel which was situated only a short walk to Deakin University where the Conference is held each year.

Client's had a great time attending ceremonies and talks in Costa Hall as well as Come and Try Activities.



Anita & Axelle at Hair and Makeup



The Mirridong crew ready to watch the closing ceremony

All enjoyed walking around the displays and collecting free merchandise – they arrived for the day with one bag and left at the end of the day with up to 5 - 6 bags.

Highlights included –

- attending Red Faces night at the Spinx Hotel
- swimming in the pool at the Novotel
- walking around the foreshore of Geelong
- dinner/disco night held on Cunningham Pier
- Visiting Werribee Zoo on the Wednesday
- Enjoying spending time with each other and the Staff

It was a very tired group of people that arrived back at Mirridong on the Thursday afternoon.



Relaxing at Novotel on Sunday Afternoon

Day Service Activities

Indoor Carpet Bowls

Indoor carpet bowls is a new program that has commenced for 2023 being held at Port Welshpool ferry terminal.

As the name suggests, indoor carpet bowls is played indoors and on a long green felt carpet. The carpet is approximately 6 feet (1.8 meters) wide and 30 feet (9.14 meters) long. Much smaller biased bowls are used than those used for lawn bowls. The objective of the game is to position your bowls closer to the Jack than your opponent.

This program is run by volunteer Alma, who greets us every Tuesday morning with the urn hot and with some sweet biscuits for morning tea and clean and functional rooms with picturesque views of Port Welshpool.

This term we had 4 clients along with 3 staff. The clients picked the game up well and excelled with experience. We had a fantastic term 1 and hope to see it grow over the next 12 month.



Kevin, Kyle and Rick



The view from the old Port Welshpool ferry terminal



Back: Alma, Rick, Kevin, Kyle and Collin. Front: Tom, Liz and Cameron.

Werribee Open Range Zoo

While on the 'Have a Say' conference in Geelong the group went to the Werribee Open Range Zoo for the day. We started the day early because it was going to be hot. We travelled on the open bus and did the tour right around the zoo in the open range. We saw some camels, gazelles and emus. We then went into where the hippopotamus' were in the river crossing, then into the enclosure where the rhino's, zebra's and giraffes were. Through out this drive the driver was explaining all the interesting facts and a few jokes about the animals.

We then all went to the café and had lunch and a sit in the shade. Next we went for a walk through the reptile enclosure where some people chose not to go in there. That led us to the wild dogs (which were hiding), the lions were right up close to the screen and very actively playing where we ended up spending a lot of time watching them. The monkeys were hanging in the sun lazing around while some of them were helping clean each other.

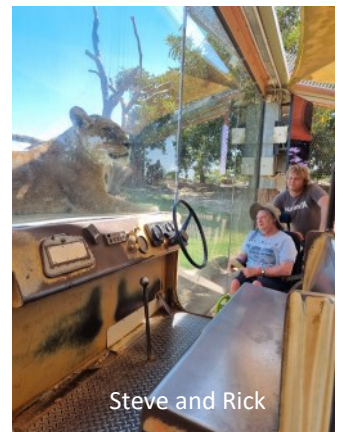
The track then led us down towards the Hippopotamus where they were three of them and they were swimming in the big dam that they have for them. After that it led to the big silverback gorillas, but by the time we got there it was really hot and they were in their hut not moving. We finished the day with everyone wanting to buy some souvenirs and then headed back to the hotel.



Min



Brian and James



Steve and Rick

