



NEWSLETTER

January 2015 – Issue 9

UPCOMING EVENTS:

Gurrwaa Wellness Day – Monday 12th January

A message from our C.E.O

I pay respect to the past, present and future Elders of the Nambucca Valley region on whose land I walk, work and live.

I wish all NBGCS Members and Clients a very happy and prosperous New Year.

Firstly I would like to inform everyone that Alex Blair began his retirement on 19th December; we all wish Alex a very enjoyable and relaxing time. Alex will continue to attend NBGCS outings but now relaxing as a client not driving the bus.

2015 will be an exciting year with many challenges to be met and a lot of events for our clients, to get us started:

- **Wellness Days** commence Monday 12th January 2015, at the Bowraville office;
- **Carers'** outings commence on Tuesday 27th January 2015;
- **Women's** outings re-commence Wednesday 28th January 2015;
- **Men's** outings commence Thursday 29th January 2015;
- **Combined** outings commence 30th January 2015;
- **Pre-Olympics** will be conducted in Bowraville at the footy grounds on Friday 6th February
- **Member's meeting** at the Bowraville office on Friday 27th February 2015.

I take this opportunity to invite all current and prospective NBGCS Clients and Members to join in NBGCS activities being conducted throughout this year.

Enjoy life and have a great day.

Gary Butler

Programme Co-Ordinator – Rachael Gillin

Welcome back everyone,

I hope that Santa was good to you all and your visitors have managed to find their way home safely. My time off has seen me well rested and ready to get back into the swing of things. I am looking forward to catching up.

Over the next few weeks you will begin to notice some minor changes to our activity days. **Commencing Tuesday 27 January 2015**, first weeks activities will see us gathering your input into improvement opportunities and wishes (we may not be able to cater for everyone's needs, we ask please be patient as we strive to do our best.)

Tuesday – Respite Day (alternate Tuesday – Carer Day)

Wednesday – Women's Day

Thursday – Men's Day

Friday – TAFE (alternate Friday – Combined Day for those not attending TAFE)

Activities shall see more creative art / craft opportunities as well as new and exciting interactive day trips. At this stage fees will remain at \$5 per week.

Individual and in-home respite options will remain as required. Please make sure you contact your Program Coordinator to make arrangements.

Pre- Olympics will see us play host to Abcare, Jagun, and Maclean on **Friday 6 February at Bowraville.**

Elders Olympics will be hosted by Taree on 7 May 2015, cost \$100. We encourage those who wish to attend to begin making payments so they are not left short as May will creep up on us quickly.

Keep smiling ☺

For those Carers in need of respite to attend Group Support Outings please do not hesitate to give me a call so that together we can try to make suitable arrangements

JANUARY 2015 CALENDER

MON	TUE	WED	THU	FRI
			1.	2.
5.	6.	7.	8.	9.
12. Girrwaa Wellness Day	13.	14.	15.	16.
19.	20.	21.	22.	23.
26. Australia Day (Public Holiday)	27. Respite Day at NBGCS Office	28. Women's Day at NBGCS Office	29. Men's Day at NBGCS Office	30.

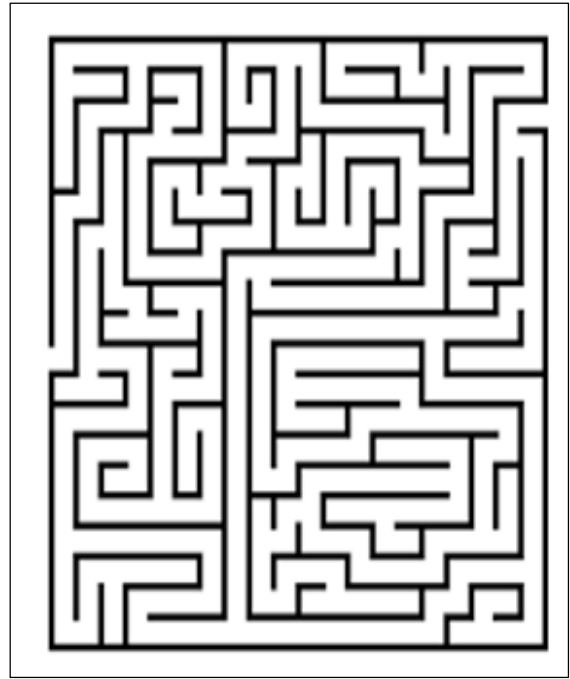
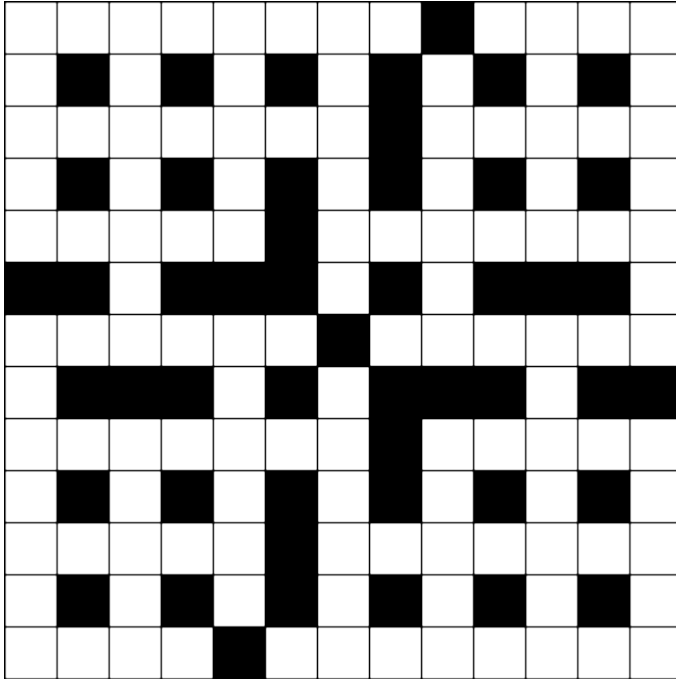


Sandra Buchanan – 13th January
 John Marshall – 19th January
 Joyy Callaway – 28th January

PUZZLE PAGE!

MAZE!

Can You Fit The Words in?



4 letter words

ARIA
TREK

5 letter words

BASIL
BROKE
ENDED
EQUAL
IGLOO
LITHE
LIVID
OLIVE
PAUSE
RAVEN

6 letter words

ASPIRE
ELDEST
RARELY
SHAPES
SHERRY
SLEIGH

7 letter words

ADDRESS
INSIPID
LOCATED
PROSPER
SCIENCE
STUDENT
UMPIRES
VACCINE

8 letter words

DECLARED
INVOLVED

WHY NOT PARTICIPATE IN THE DEMENTIA QUIZ...

The following 2 questions are designed to test your perception, reasoning and the quickness of your logic. They are stated simply therefore you are asked to answer immediately – DON'T TAKE YOUR TIME TO THINK – some of us might be here ALL day.

1. You are a participant in a race. You overtake the second person. What position are you in?

A. If you answered that you are first, then sorry but you are wrong. If you overtake the second person and you take his place, YOU are in second place!

See if you have more luck this time. Instead of Try not to mess up next time. When answering next question DON'T TAKE AS MUCH TIME as you did for the first, ok?

2. If you overtake the last person, then you are...?

A. If you answered that you are the second last, sorry but you are wrong again. Tell me dears, how can you overtake the LAST person??

These are a bit harder than you expected aren't they?

NGAMBAGA BINDARRY GIRRWAA COMMUNITY SERVICE INC.

CLIENT CODE OF CONDUCT

Client 'Code of Conduct' must be practiced when involved in NBGCS activities.

- All clients are required to:
- show your companions courtesy and respect;
- take any concerns you may have to the field worker;
- listen to the field workers instructions;
- not engage in disruptive or argumentative behaviour.

If a client cannot be respectful to others and continually disturbs other people then they may be asked to leave the outing and in extreme cases not be offered future services. Therefore, if a participant feels they cannot be respectful they should decide for themselves to not attend that activity on that day.

F.Y.I: Complaints, Compliments and Suggestions

We welcome feedback of all types and encourage you to express your opinion about our services. If you have a complaint that you wish to raise about your service, you or your advocate, may use one of forms provided to you.

At all times we will work with you in an attempt to resolve the concern you have raised. You can be assured that all complaints are taken seriously and will be addressed in a prompt, fair and confidential manner. You will not be disadvantaged by raising a complaint.

Your feedback is valued by NBGCS. If you have any concerns please talk about them with the Coordinator or CEO. As part of NBGCS quality management process, clients and service providers are offered the opportunity to participate in confidential surveys. We welcome feedback from you, from potential clients and from others and recognise that feedback allows us to improve our performance and communication.