

NEWSLETTER

March 2015 – Issue 9

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

As stated in the January newsletter, 2015 is shaping up to be an exciting year with many challenges to be met by the Board of Directors, Staff, and Members; as well as plenty of activities and outings for our clients.

On the 6th February Community Transport and NBGCS will be conducting the yearly Elder’s pre-Olympics at Bowraville football grounds. It is anticipated that apart from the normal competitors from Abcare Coffs Harbour; Jagun Social group will also be attending. This year, in an attempt to give all elder’s the opportunity to have a go, there will be no ‘teams’ only individuals competing on behalf of their Social group. This way those who may have difficulty participating in some games will be able to select which games they play and their points will be combined with other members to give an overall group tally. For example, a client who finds it difficult to walk very far may decide to compete in the ‘bean bag throwing’ but not in the ‘egg and spoon race’.

On Friday 27th February we will be conducting the first Member’s Forum for 2015; the forum will be held at the Bowraville office and will start at 10.00am. NBGCS will be extending an invitation to all Members so they may put forward their ideas on the future of the Corporation. During the meeting representatives from the NSW Department of Aboriginal Affairs and the Commonwealth Governments Department of Prime Minister and Cabinet will give presentations regarding their relative departments. I am sure the presenters will allow plenty of time for Members to ask any questions they may have.

I take this opportunity to invite all current and prospective NBGCS Clients and Members to join in the NBGCS activities shown above.

Enjoy life and have a great day.

Gary Butler

***A message from our C.E.O***

*Ginagay, Gindas & Gargoos.*

Need to get creative, catch up with others, eat healthy & stay active? To help you out we began to create a full calender of events based on your feed back.

Pacifica has been host to our trainees over the past two weeks gaining additional skills in high care support, welcome back girls!

We’re proud to support the DIG Network – Disabilities Information Group – Digging for Answers meeting monthly to identify needs to fill service gaps in the local area – check us out in the calender.

We’re also excited about further promotion as we travel with the Koori Network group roadshow, a journey to help communities understand changes to the Sector. To see us meet the Departments requirements this month will need to see the completion of ALL reassessments – hang in there if I havent caught up with you yet I won’t be far away, please help out by being avalable at your appointed time.

Above all, we are looking forward to the many laughs and memorable moments you all bring.

Keep smiling,

Rachael Gillin

Program Coordinator

**What is a disability?**

* A person’s care activity restriction may be:
* Profound – unable to perform a core activity or always needing assistance
* Severe – sometimes needing assistance to perform a core activity
* Moderate – not needing assistance, but having difficulty performing a core activity but using aids or equipment because of disability.

[](http://www.google.com.au/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0CAcQjRw&url=http://aboriginalart.com.au/culture/aboriginal_flag.html&ei=W0DIVISeJoaX8QWYkIDQCA&bvm=bv.84607526,d.dGc&psig=AFQjCNF1vZN9GEoRpFa63hZWDHv098BzrA&ust=1422496158539110)

WHAT IS A CORE ACTIVITY?

Core activities are defined as self-care mobility and communication.

FEBRUARY 2015 CALENDER

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| MON | TUE | WED | THU | FRI |
| 2. | 3.  **Respite Day**  (Movies) | 4.  **Women’s Day**  (River Cruise) | 5.  **Men’s Day**  Bunker Cartoon Gallery / Tabatinga Glow in the dark putt putt | 6.  Pre-Olympics  Bowraville |
| 9.  Girrwaa Wellness Day  Basic First Aid (includes free gift) | 10.  **Carer Day**  Art & Craft  (Office) | 11.  **Women’s Day**  Art & Craft  (Office) | 12.  **Men’s Day**  Screen Printing  (Office) | 13. |
| 16. | 17.  **Respite Day**  (9 Pin Bowling) | 18.  **Women’s Day**  Art & Craft  (Office) | 19.  **Men’s Day**  Art & Craft  (Office) | 20.  Valentines Luncheon  Wear something red |
| 23. | 24.  **Carer Day**  Dorrigo  (wear comfy walking shoes) | 25.  **Women’s Day**  Clog Barn & Botanical Gardens Coffs Hbr | 26.  **Men’s Day**  Laser Tag  Coffs Hbr | 27.  Community Day |
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*Pictured below are some of our artists who donated their paintings to the Bellingen Hospital*

**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.

**NBGCS Responsibilities**

*In providing Community Care services to you as the client, we are responsible for:*

* Providing you with quality services that meet your needs, as assessed by the Service Coordinator or Manager.
* Ensuring that where possible, you are cared for in a manner that respects your desired level of social independence.
* Ensuring that your dignity and privacy are respected at all times.
* Ensuring that you have access to both information about the care options available and any other facts you may need, to enable you to make informed choices about your care.
* Ensuring that you have access to details of the care being provided.
* Ensuring that you are entitled to take part in developing ‘your’ package of services that best meet your needs.