



# NEWSLETTER

MAY/JUNE 2016 – Issue 11

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

Activities and operations of Ngambaga Bindarry Girrwa Community Service are in full swing with Recipient; Women's; and Men's days all being well received and attended.

NBGCS will hold the third client/members meeting for 2016 on May 30<sup>th</sup> starting at 10.00AM. some of the points that will be discussed are:

- Clients end of year trips
- Client outings
- NBGCS staff and their roles

Enjoy life and have a great day.

Gary Butler



# Ngambaga Bindarry Girwaa Community Service

1/53 High Street, Bowraville NSW 2449

Ph: (02) 6564 7559 Fax: (02) 6564 7889



## DOMESTIC SERVICES FROM \$10 PER HOUR



✦ Mopping floors ✦ Vacuuming ✦ Bathroom cleaning

✦ Kitchen cleaning ✦ Dusting ✦ Washing & pegging out clothes

✦ Window cleaning ✦ Cupboards cleaning ✦ Fridge cleaning

✦ Grocery shopping ✦ Banking ✦ General house cleaning

✦ Bed make-up

✦ **PROFESSIONAL** ✦ **RELIABLE** ✦ **AFFORDABLE**

## Ngambaga Bindarry Girwaa Community Service Inc.

### MOWING SERVICE

#### INCLUDES

Lawn mowing

(Mowing, edges)

Garden maintenance

(weeding, small pruning, hedges)

Gutter cleaning

(general clean)

Minor home maintenance

(outside windows, fly screens)

Combined service

(combination of the above)

Starting from \$20.00 an hour

Call for a free quote  
(02) 6564 7559



#### Prices:

**Lawn mowing** - from \$30 per lawn

**Garden maintenance** - \$20 per hour

**Gutter cleaning** - \$20 per hour

**Minor home maintenance** - \$20 per hour

**Combined service** - \$50 per hour

# 2016 Elders Olympics – Port Stephens



Congratulations to those who attended and supported the Elders Olympics, well done. You have done the Valley proud.

# Commonwealth Home Support Program Update

By Rebecca Steele

Giinagay, I would personally like to thank everyone for welcoming me it has been a fun, yet challenging few weeks. I am looking forward to working with you all.

I had the pleasure of attending the Elders Olympics in Port Stephens and I believe I can say everyone had a great time. It was to see Elders from near and far come together for this special day. Although NBGCS Elders didn't bring the Olympics home we were lucky enough to retrieve two trophies which are now sitting proudly on the shelf at the office. Thanks goes out to my support staff Rachael R, Allira and the bus drivers Bill and Robbie.

I am now taking orders for our new shirt (blue and gray with the dolphin). New cost will be \$45.00 per shirt. I need 30+ before I can place an order.

I am currently working with our clients on suggestions on activities for social days. I'm also taking suggestions for our annual trip away. Our social groups have been great with good numbers attending each week so thank you.

We have commenced a short waitlist for our domestic and lawn maintenance. Just waiting on products and resources. If you have any queries regarding fees/services please make arrangements to meet with myself or Rachael Gillin.

## Wanted:

- Small jars for paint
- Old magazines for use and sharing at office
- Unwanted DVDS for use and sharing at office
- Used working tools (i.e saw, drills, hammers)

We appreciate any donations given to NBGCS



# GIRRWAA WELLNESS DAY

For Aboriginal & Torres Strait Islander community in the Nambucca Valley.

## Falls prevention & Safety in your Home

with Luisa Eckhardt

Yarn up  
Lunch and refreshments

**Monday 9<sup>th</sup> May 2016**  
**11am til 1pm**

at Ngambaga Bindarry Girrwaa Community Services  
53 High Street  
Bowraville

Free transport from these pickup points

Newville roundabout @ 9:45am

Bus stop opposite Centrelink @ 10:00am

Nambucca plaza @ 10:15am

Macksville Swimming Pool @ 10:30am

Alternate transport required call Rachael at Ngambaga Bindarry Girrwaa 6564 7559.

Helen Lambert at North Coast Primary Health Network ph 6659 1800



# Disability Program Update

by Rachael Gillin

Giinagay, Jinda's and Gagu's.

There is a definite change in the air in the last few weeks. But, while the changing season and increasing chill are not looked fondly upon many people Autumn provides great opportunities to start making those warm dinners. If you are visiting, please make yourself a cuppa, with the Urn located near the activities room. Tea and coffee available, or alternatively bring your own from home.

Thanks to those who commented on our last newsletter, we are continuing to make small adjustments to keep you well informed.

The past few weeks I have been busy working with our new Support Workers to ensure their transition into their roles is smooth. As well, preparing budgets for this year's new projects. You should all be receiving notifications about our new services - domestic and yard maintenance. We have commenced a short waitlist whilst we finalise products and resources. If you have any queries or concerns in regards to fees and/or services, please arrange to meet with myself or Home Support Program Coordinator, Rebecca for further discussion. Carer / Receiver Trip away this year will be held Early September, where we will return to stay with hosts Terri and Tony at Clarence River Bed & Breakfast. More details to come.

You may remember in our last newsletter I raised the topic around the NDIS, National Disability Insurance Scheme. The NDIS will eventually replace the current disability support system in NSW. It will provide individually funded packages of support for eligible people with disability. The NDIS aims to give people with a disability, their families and carers more choice and control over the support they receive. To find out what it could mean for you contact National Disability Insurance Agency (NDIA) 1800 800 110.



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# Early Links

Early Links - Strengthening Supports for Children and their Families from Red Rock to Kempsey.

How we can help:

- Information, referrals and access to community
- Advocacy on your behalf to get the services you need
- Diagnosis information support
- Assistance to gain a diagnosis

Every child, regardless of their needs, has the right to participate fully in their community and to have the same choices, opportunities and experiences as other children. Additional supports may be provided to children with disabilities or special needs and their families to help them participate in an inclusive society that enables them to fulfil their potential.

Do YOU know someone who may need support? - let them know about our LINKER. Providing a local based, first point of contact to support. Working alongside children with needs, their families and carers, including services and community to achieve their goals.

There is no formal assessment process or referral that you need. Make contact today, text 0419 268 898 or call 6564 7559 even email [nrcp@nbgcs.com.au](mailto:nrcp@nbgcs.com.au).

Your community is waiting for you.

Keep smiling

Rachael Gillin  
Disability Program Coordinator



# 2016 Calendars

## May - Respite Day

| Carers/Receivers Day                        | Respite Day                                    | Respite Day                                      | Respite Day                                    | Respite Day                                    |
|---|--|--|--|--|
| <u>Tuesday 3</u>                            | <u>Tuesday 10</u>                              | <u>Tuesday 17</u>                                | <u>Tuesday 24</u>                              | <u>Tuesday 31</u>                              |
| Op Shopping At Bellingen                    | Urunga   | Perry's Lemon Myrtle Farm + Tour<br>10.30 -12.15 | Morning At Tea Coffs Harbour                   | Annual Collectors Fair At Coffs Showground     |
| Roses Park Rest Area, Thora                 | Fish N Chips At Jetty, Coffs Harbour           | Pub With No Beer At Taylors Arm                  | Picnic Lunch                                   | Lunch At Jetty                                 |
| BYO Money For Shopping + \$5.00 Morning Tea | \$5.00 Morning Tea + Lunch                     | \$5.00 Lunch + Entry                             | \$5.00 Morning Tea + Lunch                     | \$5.00 Morning Tea + Lunch                     |
| Bus Leaves Office At 8:30am.                | Bus Leaves Office At 8:30am.<br>Bring Your Hat | Bus Leaves Office At 8:30am.<br>Bring Your Hat   | Bus Leaves Office At 8:30am.<br>Bring Your Hat | Bus Leaves Office At 8:30am.<br>Bring Your Hat |

## June - Respite Day

| Carers/Receivers Day                          | Respite Day                                   | Respite Day                        | Respite Day                                   |
|---|---|------------------------------------|---|
| <u>Tuesday 7</u>                              | <u>Tuesday 14</u>                             | <u>Tuesday 21</u>                  | <u>Tuesday 28</u>                             |
| Combined Bowls At Bowra Rec Club              | Botanical Gardens, Coffs Harbour              | Movie Day At Nambucca Heads        | Marine Magic At Coffs Harbour                 |
| Bowra Rec Club                                | BBQ At Coffs Harbour Jetty                    | Nambucca RSL                       | Boronia Park, Sawtell                         |
| \$5.00 Morning Tea + Lunch                    | \$5.00 Morning Tea + Lunch                    | \$10.00 Morning Tea, Lunch + Entry | \$20.00 Morning Tea, Lunch + Entry            |
| Bus Leaves Office At 8:30am<br>Bring Your Hat | Bus Leaves Office At 8:30am<br>Bring Your Hat | Bus Leaves Office At 8:30am        | Bus Leaves Office At 8:30am<br>Bring Your Hat |



## May – Women's Program

| Women's Day                 | Women's Day                                | Women's Day                 | Women's Day                                |
|-----------------------------|--|-----------------------------|--|
| <u>Wednesday 4</u>          | <u>Wednesday 11</u>                        | <u>Wednesday 18</u>         | <u>Wednesday 25</u>                        |
| Office                      | Macksville                                 | Office                      | Dorrigo National Park                      |
| Craft                       | Fishing At Riverbank                       | Bingo                       | Lunch At Dorrigo                           |
| Office                      | Macksville                                 | Office                      | Scenic Drive                               |
| \$5.00 Morning Tea + Lunch  | \$5.00 Morning Tea + Lunch                 | \$5.00 Morning Tea + Lunch  | \$5.00 Morning Tea + Lunch                 |
| Bus Leaves Office At 8:30am | Bus Leaves Office At 8:30am Bring Your Hat | Bus Leaves Office At 8:30am | Bus Leaves Office At 8:30am Bring Your Hat |

## June – Women's Program

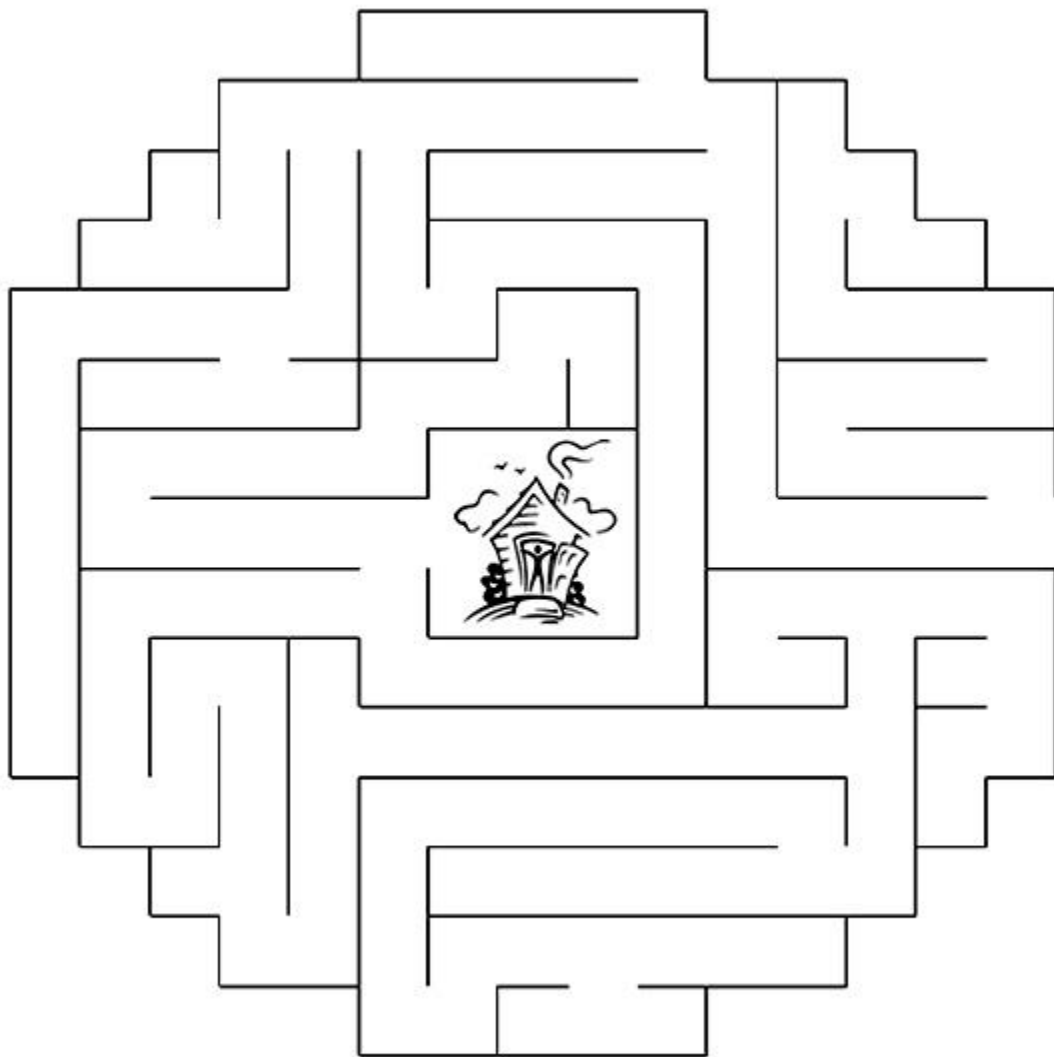
| Women's Day                 | Women's Day                 | Women's Day                 | Women's Day                 | Women's Day                 |
|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|
| <u>Wednesday 1</u>          | <u>Wednesday 8</u>          | <u>Wednesday 15</u>         | <u>Wednesday 22</u>         | <u>Wednesday 29</u>         |
| Office                      | Buffalo Farm Café           | Office                      | Op Shopping At Bellingen    | Office                      |
| Office                      | Lunch At Buffalo Farm Café  | Office                      | Lunch At Bellingen          | Bingo                       |
| \$5.00 Morning Tea + Lunch  | \$5.00 Morning Tea + Lunch  | \$5.00 Morning Tea + Lunch  | \$5.00 Morning Tea + Lunch  | \$5.00 Morning Tea + Lunch  |
| Bus Leaves Office At 8:30am | Bus Leaves Office At 8:30am | Bus Leaves Office At 8:30am | Bus Leaves Office At 8:30am | Bus Leaves Office At 8:30am |

## May – Men's Program

| Men's Day                    | Men's Day                                      | Men's Day                                      | Men's Day                    |
|------------------------------|--|--|------------------------------|
| <u>Thursday 5</u>            | <u>Thursday 12</u>                             | <u>Thursday 19</u>                             | <u>Thursday 26</u>           |
| Office                       | Smithtown River                                | Men's Health Week At Office                    | Gumma Reserve                |
| Office                       | BBQ  | Picnic Lunch                                   | Taylors Arm                  |
| BBQ                          | Crescent Head                                  | Office   | Scenic Drive                 |
| \$5.00 Morning Tea + Lunch   | \$5.00 Morning Tea + Lunch                     | \$5.00 Morning Tea + Lunch                     | \$5.00 Morning Tea + Lunch   |
| Bus Leaves Office At 8:30am. | Bus Leaves Office At 8:30am.<br>Bring Your Hat | Bus Leaves Office At 8:30am.<br>Bring Your Hat | Bus Leaves Office At 8:30am. |

## June– Men's Program

| Men's Day                                      | Men's Day                    | Men's Day                    | Men's Day                                      |
|--|------------------------------|------------------------------|--|
| <u>Thursday 7</u>                              | <u>Thursday 14</u>           | <u>Thursday 21</u>           | <u>Thursday 28</u>                             |
| Hungry Head                                    | Bellwood                     | Office                       | Repton   |
| Thora  | Movies at Nambucca Heads     | Office                       | Fishing at North Beach                         |
| Scenic Drive                                   | Gordon park                  | BBQ                          | Picnic lunch                                   |
| \$5.00 morning tea + lunch                     | \$5.00 morning tea + lunch   | \$5.00 morning tea + lunch   | \$5.00 morning tea + lunch                     |
| Bus Leaves Office At 8:30am.<br>Bring Your Hat | Bus Leaves Office At 8:30am. | Bus Leaves Office At 8:30am. | Bus Leaves Office At 8:30am.<br>Bring Your Hat |



**Start  
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 SATURN  
 NEPTUNE  
 URANUS  
 PLUTO  
 DWARF  
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