



Autumn 2022 newsletter

Dear all

I hope you had a wonderful summer and what a summer it has been. Some really lovely days.

We hope you have been able to enjoy catching up with friends and family and getting out with the easing of restrictions.

Make this year your year.

As always, Headway is here to help with a range of NDIS services, so please get in contact to see if we can help you maximise your NDIS package.

Recently, Headway lost long term volunteer Heather Hughes and we wish

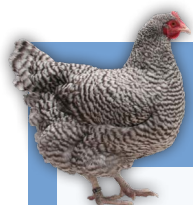
to thank her for many years of service and dedication to the Warragul social support group.

Headway also recently lost long term participant Graham Rees who passed away in Inverloch. Graham was a long term participant of Headway's Wonthaggi social support group where he produced some amazing artwork.

Graham will be sorely missed by all that knew him. Read more about Heather and Graham in the newsletter.



Jenelle Henry
Chief Executive Officer



Pick a pet

You get to meet our staff pets.

Have a look at the photos and read about each pet.

Vote for the one you like the most.

Go to **page 6**.

What is inside

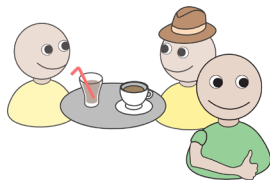


Debra's new career
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Autumn activities
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Headway news



New group assistants



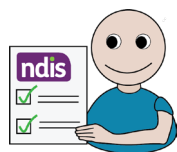
Janette has joined the **Morwell** social support group as an assistant.

- she is a long-term volunteer and support worker in disability
- Janette likes to support people to reach their goals and remain in the community



Kevin is the new assistant at the **Trafalgar** group.

- he is looking forward to bringing new ideas to the group
- he hopes to find activities everyone will love



Meet our new support coordinator



This is Linda. She

- is a keen listener and an advocate
- likes to get the job done

Linda has worked in disability and aged care for 30 years.

Q and A with Jackie



We spoke to Jackie at the Trafalgar group.

Q. What have you enjoyed at the group so far?

Just socialising, having a cuppa and a chat.

Q. How does multiple sclerosis affect you?

I can't write, I can't do up my shoes. I can't really coordinate ... I'm home alone all the time.

Q. What are you looking forward to doing with the group?

I can get out and meet people and join in the activities instead of staying at home bored.

Someone suggested making dream catchers so I am interested in that.

Local help



Do you feel ok?

Here is a new website for local mental health support.

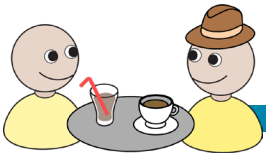
Find it here gippslandmentalhealth.org.au



COVID vaccine easy reads

Go here

<https://www.health.gov.au/resources/collections/coronavirus-covid-19-easy-read-resources>



Social support groups



Morwell

- Steve kept everyone in order at the Morwell group in February
- Others in the group played UNO, made some art and caught up over a cuppa



Trafalgar

- The group made some gift packs for a special someone on Valentine's Day
- Here is Michael making up his present with rose petals and glitter



Warragul

- A little four-legged friend named Alby came to visit the group in February
- Alby had no shortage of cuddles!



Wonthaggi

- The group took in the views and sea air at beautiful Cape Paterson
- They had lunch in a park above the beach to finish a great day out

Amparo retires after 18 years



Morwell social support group assistant Amparo Miller has finished up after about 18 years at Headway Gippsland.

Amparo thanked everyone for their well-wishes, gifts and cards.

She said she was looking forward to her retirement, but will miss everyone.

"My memories of the group are of kindness and fun," she said.

"I will be thinking of all of you even though I have retired."

The group coordinator, Tanya White, said Amparo was loved by all and always showed empathy.

"Amparo was always enthusiastic, happy

to assist and join into group games," Tanya said.

Amparo started at the Morwell social support group in 2004, and has stood in as coordinator at the Trafalgar and Warragul groups.

Also in 2004, Amparo began three years in the Individual Support Program and started in the former Great Break program.

"I love working with people and that's why I'm really thankful for Headway," Amparo said.

Amparo will keep volunteering at the International Women's Group and at her church.

Long-term participant Graham Rees sadly passed away in January.

He will be remembered for his kind and happy nature, life-long passion for fishing and skill in painting.

Thank you to the Wonthaggi social support group for this statement.



A St Kilda fan and keen painter.



Graham was a long and regular participant of the group, Headway Gippsland functions and camps.

He would help set up and pack up, even before we had finished using something - such a great help.

He met many participants in the group over the years and will be sorely missed.

Graham was gregarious and kind hearted, he would disappear and often be found chatting to a stranger about almost anything.

He had knowledge on many subjects, including sport and current affairs.

John said he "misses Graham coming in and telling us what he did at the weekend and how many fish he caught."

Paul remembers "he had a lot of luck with scratchies."

Sandra said Graham asked her many times "will you marry me" and her response each time was "ask my husband and see what he says".





Long-term volunteer Heather Hughes sadly passed away.



A devoted Cats fan.

Heather began volunteering for Headway Gippsland over 20 years ago, attending Drouin and Warragul groups.

When health and football commitments weren't in her way, Heather regularly attended the Warragul group.

She and her family are fanatical Geelong supporters and she went to nearly every game. At her funeral she was carried out to the Geelong theme song – we wouldn't have expected anything else!

She was a regular attendee to the Headway AGM, taking an interest in both the group and Headway as a whole.

Baw Baw Buddies fondly remember her contribution. A common theme was her welcoming nature to new members and support staff and genuine interest in their lives. Members remember her as

very welcoming, friendly, a great listener and a natural nurturer.

Being local to the area most of her life, she knew a lot of people and local history. This was often shared and was valuable when discussing local issues.

She also held years of knowledge of Headway. Likewise, she knew some of Headway's members for decades and would rejoice in their achievements, being a 'cheerleader for all'.

She will be missed, but her impact will be remembered – along with her passion for football. In memory of that, we have named our AFL tipping competition, the Heather Hughes Memorial Competition.



Thank you to Baw Baw Buddies for writing this statement.

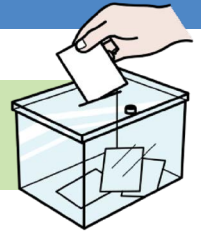


Pick a pet

What pet do you like?

- These are the pets of our staff.
- Let us know the one you like the most.

Vote now



Vote online here

[headwaygippsland.org.au/
pick-a-pet](https://headwaygippsland.org.au/pick-a-pet)



This is **Molley**.

- she sadly passed away last year



This is **Pickles**.

- favourite past-time is a good brush
- known to collect humans - was once found in the neighbour's window



This is **Pepper**.

- loves a game more than food
- transforms from sheep dog to glamour dog when groomed



This is **Arnold**.

- 11 year old pug
- loves caravan trips



This is **Daisy** and **Rocky**.

- Daisy is a kind-hearted beautiful doggo
- Rocky is cheeky and very naughty



This is **Diesel**.

- loves going on holidays
- happy to be smothered by a 2 year old and 5 year old



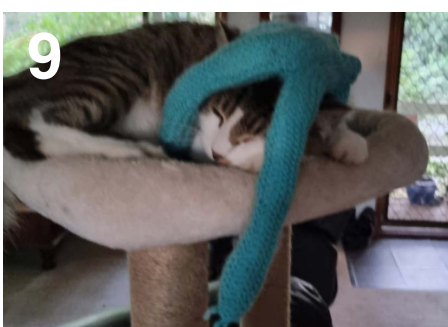
This is **Merle**.

- a rescue kitten and great study buddy
- known to appear in Zoom classes



This is **Molly**.

- Neighbourhood Watch
- a great walking buddy



This is **Lucky**.

- likes to scare the dogs
- has a good right punch, that is why Lucky's nickname is Rocky



Click the link to vote online

headwaygippsland.org.au/pick-a-pet



This is **Turbo**.

- enjoys all things engines, including boat rides and car rides
- is always first to jump in ready to go



This is **Marlee**.

- loves to be the centre of attention
- loves a puppachino



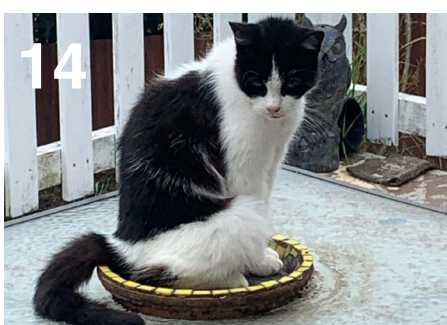
This is **Lily, Lola, Barbara and Betty**.

- all LOVE food, any food, particularly donuts
- very affectionate, mostly when food is on offer



This is **Willow**.

- surfer girl
- best friend to Wilfred



This is **Lucky 2**.

- not afraid of dogs
- a very cuddly cat



Click the link to vote online

headwaygippsland.org.au/pick-a-pet



15



This is **Max**.

- always ready to greet you with a smile
- will take any opportunity to jump and lick you in the face

16



This is **Jade**.

- very cuddly and loves strawberry jam
- is in love with fellow donkey Jake

17



This is **Maisey**.

- found at 10 weeks old sleeping under the hood of Ben's car, next to the engine
- new nickname is Big Fat Fish

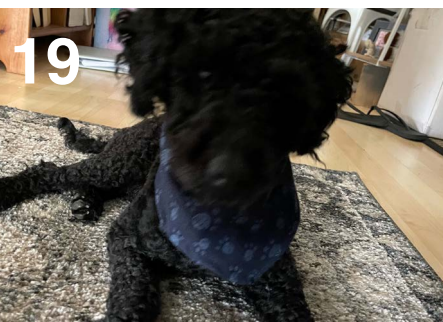
18



This is **Buddy**.

- a happy friendly dog who loves all people
- loves walks and trips to the park

19



This is **Leo**.

- an absolute gun
- part of his brain did not develop before birth so he has a pretty cool walk

Support worker in focus



Debra spent her childhood on South Gippsland's rolling hills.

She grew up at Archies Creek on a 101-acre dairy farm, before the milk factory and state school had closed.

Debra was one of nine students that filed into the one-room school building each morning.

At 17, she left for Warragul.

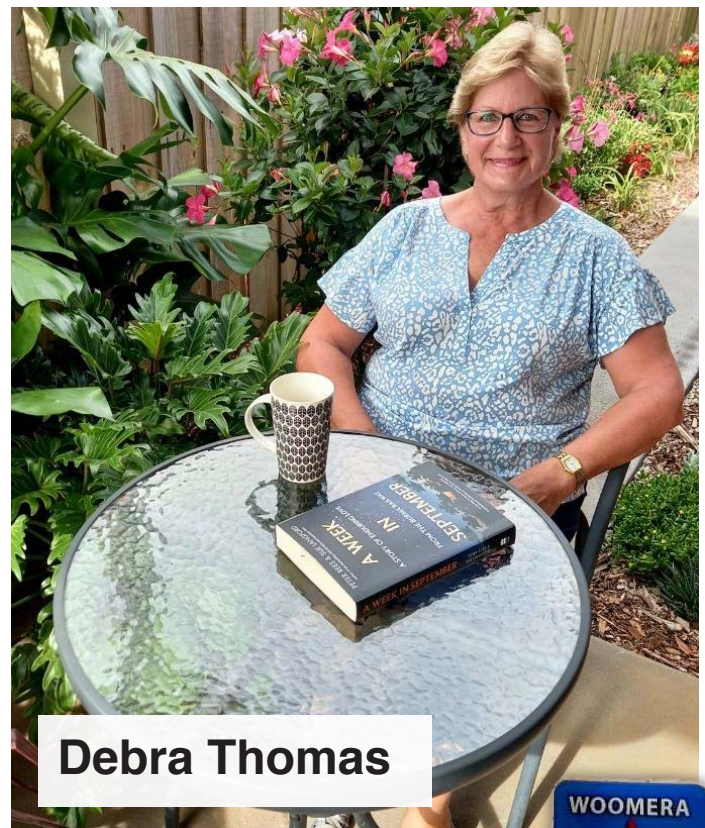
“By chance, a fellow who had a nursery was looking for an apprentice, so I had a job in a couple of hours,” Debra said.

For about 15 years she worked in horticulture, and today enjoys maintaining her cottage-style garden.

“I’ve got some established trees, five crepe myrtles and weeping birches as a backdrop and cottage flowery plants as a foreground,” she said.

Debra has now been working at a linen service on and off for about 20 years.

Today, a map of Australia at her home reminds her of when her life was quite different.



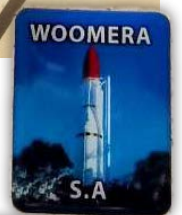
Debra Thomas

She and her husband Paul had moved their life onto the road.

“We spent nine months travelling around Australia in 1995 and that gave us the travel bug. So, we saved up bought a four-wheel-drive and our own caravan and did lots of trips,” Debra said.

It meant they built a solid collection of tourist magnets.

She now looks back on this time as being “so, so lucky”.





Debra has magnets from places she has been.



“My husband got cancer and he had a battle for about seven years and in the end, it took him out,” she said.

Debra became his full-time carer at the end of his life.

Now, each magnet represents a place where she has a memory with Paul.

When Debra decided to move on from their home of 30 years, her real estate agent took issue with the souvenir magnets scattered across her fridge.

He told her, ‘If I can offer any advice, get rid of the magnets. It looks a bit tacky.’

Fortunately, she laughs at this comment now. It also prompted a handyman to create a more permanent way of remembering.

Now all the magnets are fixed around a map of Australia.

“That’s a really nice keepsake and a

good talking point too,” she said.

It was her time caring for her husband Paul that led Debra to move into work caring for others.

“With Paul, he was dependent on me so much and I felt good and happy doing that,” she said.

After working in aged care and feeling too rushed with the residents, she found Headway Gippsland.

“With Headway, I feel like I make a difference with the clients,” she said.

But she believes the benefits of her work can go beyond the participants and allow family to do things they enjoy too.

Debra today supports three participants at Headway Gippsland and volunteers with weight-loss organisation Brandy Creek TOWN Club.

Lynne and her Zen companion

Lynne, a South Gippslander, likes to write lists.

She says to-do lists keep her accountable, especially when it comes to housework.

“It’s not my strong point. It’s easier to sit and watch the telly than do the dishes,” Lynne said, with a laugh.

It is not just about keeping the dishes from piling up in the sink though.

Staying organised is a way Lynne manages her mental health.

“I could quite easily stay in bed all day and that’s not going to achieve anything,” she said.

Emer Boyle is Lynne’s support worker and helps her plan her week.

“If I have a menu plan, that helps me know what I’ll have for dinner that night and not fly by the seat of my pants,” she said.



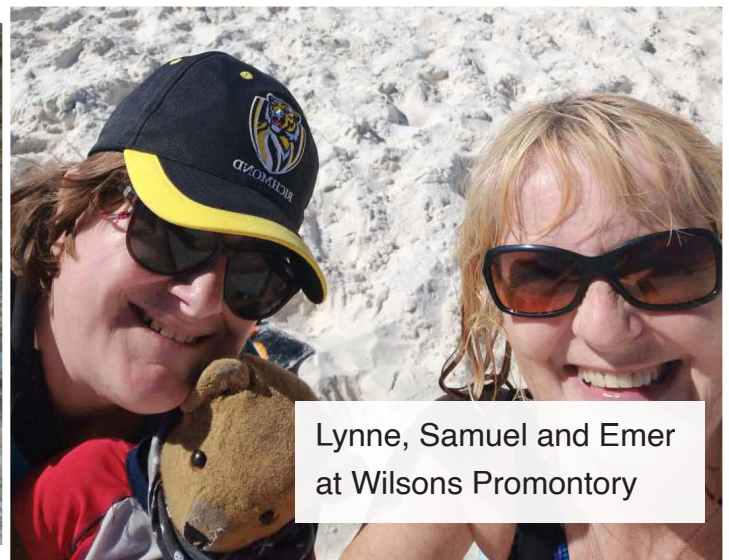
Lynne and her teddy bear Samuel.

“My motivation is sometimes very low so it’s good to have a push.”

Emer also supports Lynne to knock out some necessary day-to-day tasks so they can get out and enjoy some of the beautiful sights in South Gippsland.

“If I can quickly get the groceries under control, we can go fishing, or go for a drive along the Inverloch beach, or maybe go out to Agnes Falls,” she said.

“Because I’ve got low self-esteem and low confidence because of the depression, I’ve got to push myself to do a lot of leisure activities to reward myself for doing housework to get out of the rut sort of thing.”



Lynne spent nearly 30 years as a postie delivering mail across Melbourne and Darwin. She later returned to her hometown of Leongatha to be closer to her parents Don and Ellie.

Today, Lynne lives with her pets and her teddy bear named Samuel who celebrated his 21st birthday in December.

“He’s just like a little companion sort of thing. Good company,” she said.

“My ex-husband gave him to me, but I got rid of the husband and kept the teddy bear.”

Samuel is a very smartly dressed companion, known to change up his look.

His first outfit was a martial arts uniform to serve as a mascot while Lynne learned the sport.

“He’s very Zen. He’s done lots of karate and taekwondo sessions,” she said.

Now Lynne follows in her father’s footsteps as a keen vegetable gardener – she recalls her dad lining up his tomatoes on the windowsill for each day of the week. He was fond of his tomatoes on crackers, she remembers.

Now a main focus of hers is a little herb patch she can "work on and add to".

“If I’m doing scrambled eggs or an omelette, I can get some parsley and sprinkle it through when I’m done,” Lynne said.

What she does not grow herself goes on the shopping list – that is where Emer can offer some support.

“Other times we can start having a girl talk at a café and be there for three or four hours,” Lynne said.

Puzzles

Word search - autumn



H G V Q S M Q P O M E G R A N A T E R S
C A R B R B F X V Z I Q D Y O U J O U A
O Z R A J Q L U I M U S H R O O M O G P
R S B V P A Y A J X I J L R T E U J R P
L J T A E E U X C K Y O Q P F D S U D L
H U D I B S S X R K O H G E I K V E U E
X Q J J L U T J M T B F Y C A O R B Q P
D P K V N L N W S W R E E S L S U N V A
E U I F M O E D D G A D R U M Z T P I C
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B P O R Q E K C A I M P P E T I K G U D
W O R O F A F A R L N G C B C U N X W M
F F S C L R Y B T T L E J F U A M C Q T
H O F P H S N C G M F L S M J L Y N E Q
H Q U K A C P A A P K L O X M G K O A H
M J F O G G Y L E J Z P U M P K I N S L
X Y R J W H H M J O Q S P K I E E X T Q

ABUNDANCE

APPLE

AUTUMNAL

BLACKBERRIES

BRISK

CALM

CLEAR

COOL

DECAY

DECIDUOUS

EASTER

FALL

FOGGY

FOOTBALL

HARVEST

LEAVES

MUSHROOM

POMEGRANATE

PUMPKINS

RAKE

RED

SMOKE

SOUP

STILL

TOADSTOOL





Sudoku

		5		1		7		
			4					9
9					6			2
							3	
	6	4					7	
3				8	5			6
8	4							
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	9						8	
		2						
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				4	5			1
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	6			8			9	5
1		4				7	5	
3		7		6				
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Word jumble - dinner

Unscramble these tasty words. You might eat them for dinner.



spaihettg

gaslane

tsir fyr

rabhumger

seheprds pei

aagpiiranm

cseoerals

fihs dna cisph

ckehcin aasld

abml sorat

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wersesk

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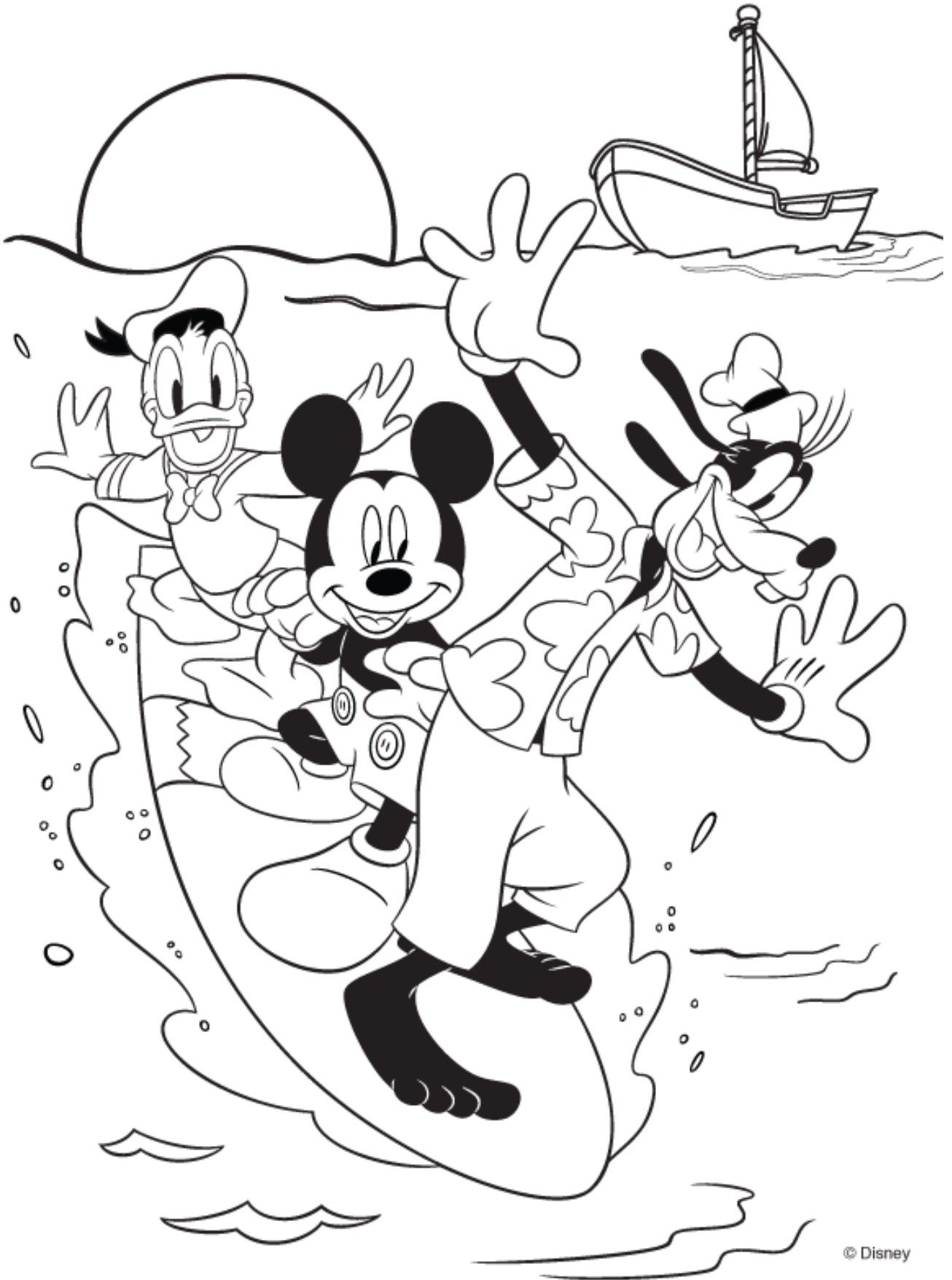
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Colouring



© Disney





Jumble	8. fish and chips	16. fried rice
1. spaghetti	9. chicken salad	17. risotto
2. lasagne	10. lamb roast	18. garlic prawns
3. stir fry	11. tacos	
4. hamburger	12. skewers	
5. shepherds pie	13. steak	
6. parmigiana	14. noodles	Colouring from Crayola.
7. casserole	15. curry	

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We pay our respects to the traditional custodians, their elders and ancestors of the lands, which our organisation sits. We acknowledge all Aboriginal and Torres Strait Islander people, and welcome you to our service. Headway Gippsland is committed to treating all people with dignity and respect.