



Emergency on call
phone 0448 472 007

Christmas 2022 Newsletter



The year is gradually winding down, but the most exciting month of 2022 is still ahead of us.

We have some upcoming events to look forward to, including International Day of People with Disability and our Annual Christmas Party.

Our summer newsletter will be released in the new year, when we can truly celebrate the activities that the warmer weather brings.

We hope you enjoy this special time of year, spend time with loved ones and take

the chance to refresh. We are excited for what the new year will bring, and to continue supporting our wonderful community.

From the team at Headway Gippsland, we wish you a lovely festive season and look forward to seeing you again in 2023.



Jenelle Henry
Chief Executive
Officer

2022 Christmas Party

This year, Headway's Christmas Party will be on Friday 9th December.

Time: 12pm - 3pm

Venue: Morwell RSL

We have a special Christmas Menu and Raffle Prizes available.

We hope to see you there!

See invitation on page 2.

Office Closures



Our office will close 4pm on Friday 23rd December

We will re-open 9am on Tuesday 3rd January

What is inside...



International Day of People with a Disability

page 4



Summer activities

page 14



You are invited
to the Headway Gippsland Inc.

Christmas Party

Date: Friday 9th December

Time: 12pm – 3pm

Venue: Morwell RSL

Location: 52 Elgin St, Morwell VIC 3840

Price: \$29.00

Menu: Christmas trio of roast and vegetables served with gravy, and
Christmas pudding served with brandy custard

There will be some great raffle prizes – so don't forget your \$2 coins!

RSVP and dietary requirements:
Please RSVP by Friday 2nd December to
reception@headwaygippsland.org.au

or 03 5127 7166



MERRY
CHRISTMAS



Local news



International Day of People with Disability

Saturday 3rd December

There are so many events happening to celebrate this wonderful day and raise awareness.

<https://www.idpwd.com.au/about/>

See the opposite page for details



Disco Party

Saturday 3rd December

A party to celebrate International Day of People with a Disability

See page 4.

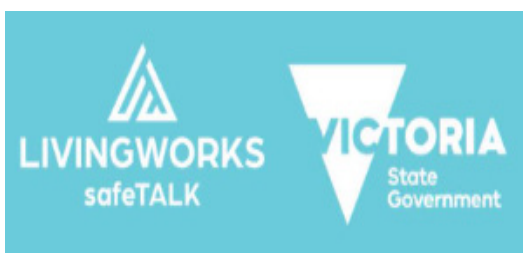
Disco Party Menu

See the food that's available on Disco night

See page 5.

Bookings are required

events@cassidycrew.com.au



safeTALK Latrobe City Training

Wednesday 30th November

AM and PM sessions available

Learn the skills to keep someone safe from suicide

See details on page 6.



International Day of People with Disability

Friday 2 December 2022
10am to 1pm

Gippsland Regional Indoor Sports Stadium
 Catterick Crescent, Traralgon

This venue is fully accessible including hearing assist system and a Changing Places facility (please bring your own sling for use with overhead hoist).



Scan the QR code to register via Eventbrite. For more information, please email livingwellatrobe@latrobe.vic.gov.au or phone 5128 5775.

www.eventbrite.com.au/e/410241552527

Silent Disco

10am to 12noon

Groove along to your own music through wireless headphones.

All Abilities Sports

10am to 1pm

Come and Try Wheelchair Basketball, Boccia and Goal Ball with GippSport.

Free sausage sizzle

11.30 am to 1pm

Blend your own smoothie on the Blender Bike or relax in the Chill Out Zone.



This is an advertisement

**THE CASSIDY CREW
PRESENTS**

**INTERNATIONAL DAY OF PEOPLE
WITH A DISABILITY**

**DISCO
PARTY**

DJ & PHOTO BOOTH

SATURDAY, DECEMBER 3RD 2022

5:00PM - 10:00PM

126, NORTH ROAD WARRAGUL

**FREE ENTRY
150 TICKETS**

**DINNER
AVAILABLE**

**RAFFLES &
DOOR PRIZES**

**BOOKINGS ARE ESSENTIAL
EVENTS@CASSIDYCREW.COM.AU**

This is an advertisement

MENU

DINNER

The Cassidy combo.....\$10.00
(Hot dog, chips & a can of choice)

The Nugg combo.....\$10.00
(Chicken nuggets, chips & a can of choice)

The Fisherman.....\$10.00
(fish, chips or salad & a can of choice)

PIZZAS

Cheese/Meatlovers.....\$5.00
(18" slice)

SIDES

Bowl of Chips.....\$5.00

Wedges\$5.00

(Sour cream & sweet chilli sauce \$2.00 extra)

DESSERTS

Slice of Cake.....\$3.00

Assorted ice poles and ice creams.....\$3.00

DRINKS

Coffee.....\$4.00

Hot Chocolate.....\$4.00

Can of drink.....\$2.50

Assorted packet of chips \$2.50 & Assorted chocolate \$2.00

THE CASSIDY CREW CAFE



Department of Health

Learn the skills to keep someone safe from suicide.



2022 Latrobe City Training



Learn to reach out to someone thinking about suicide, overcome attitudes that act as barriers to help, talk openly about suicide, and connect them with further support.

Upcoming Training Dates



Wednesday 30 November

12.00pm-3.30pm

Book:

<https://www.trybooking.com/CDVVA>



Gippsland Regional Indoor Sports Stadium

Catterick Crescent
Traralgon, Victoria



Free to attend

This program is proudly supported by the Victorian Government



Wednesday 30 November

6.00pm-9.00pm

Book:

<https://www.trybooking.com/CDVWN>



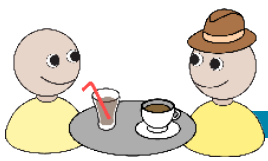
Latrobe City Council

Nambur Wariga Room
141 Commercial Road
Morwell, Victoria



LivingWorks acknowledges the traditional custodians of the lands on which we work and train, lands where sovereignty was never ceded. We pay our respects to Elders past, present and emerging and we extend respect and thanks to the Aboriginal and Torres Strait Islander communities who have contributed time and knowledge to the development of LivingWorks I-ASIST and safeYARN programs.





Social support groups

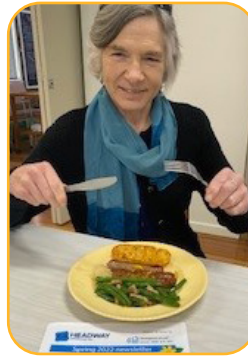


**Janet and Barbara
enjoying the sunshine
in Pakenham**

**Cupcakes from
the AGM**



**Barbara at
Oktoberfest**



**Busy making crafts for
the Xmas Party**

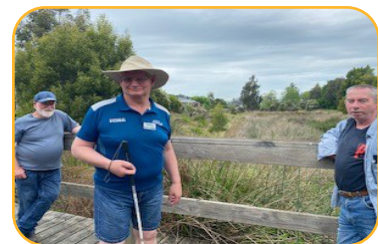


A visit to Old Gippstown



**Traf group building
bird boxes**

**Keryn's Melbourne
Cup leggings**



**Brett, Darren & Bill
at Neerim South
Wetlands**

Latrobe Valley Venturing to Old Gippstown



Recently, our Morwell group visited Old Gippstown Heritage Park in Moe, starting with a cuppa at the quaint café.

It felt like a step back in time, exploring the historic buildings, coaches and fire trucks of days gone by.

We spent some time at the Men's

Shed – where the talented creators were making orders for cute little reindeer.

We finished our day with lunch at the café.

A very warm thankyou to Old Gippstown for looking after us all so well!



Christmas Crafting

Our groups have started their Christmas arts and crafts!

Pictured are some of the festive cards from our Warragul group that will be available to purchase at the **Headway Christmas Party**.

All items are 50 cents, and the proceeds will be donated to the **Baw Baw Food Bank** to help families in need at Christmas time. Buy some beautiful handmade cards for a wonderful cause. While stocks last!



The Magnificent Minions showed off their bowling skills at Wyncity Bowling in Morwell.



Staff News at Headway



It is with deep regret that we announce the resignation of **Michelle Meggetto**. Michelle has been instrumental to the growth of the Warragul Social Support Group, bringing varied entertainment and community activities in consultation with the participants. Michelle's creativity during the Covid lockdown was amazing, providing trivia, organising Zoom meetings and keeping everyone engaged. She will be sadly missed by her group and her peers.

We also bid farewell to valued team members **David Martin** and **Claudia Stow**. We really appreciate the time they spent with us and wish them the best in their new roles!



Welcome to the team

We are happy to welcome **Kara Ley**, **Keltia Hoath** and **Jemma Dowling**, the newest members of our Plan Management Team. They each bring a wealth of knowledge and experience, and we are excited to have them on the team.

Congratulations to

A big congratulations to **Lora Moulton** who will be assuming the role of EA/Board Support. This will begin from 28th November. We extend a very warm welcome to Lora for coming on board!

And finally, congratulations to **Amy Comber** and **Lisa Patching** on their new roles! Amy Comber will assume the role of quality auditor and team leader. Lisa Patching will now be coordinating 1:1 support services. Thank you both for taking on these wonderful opportunities.

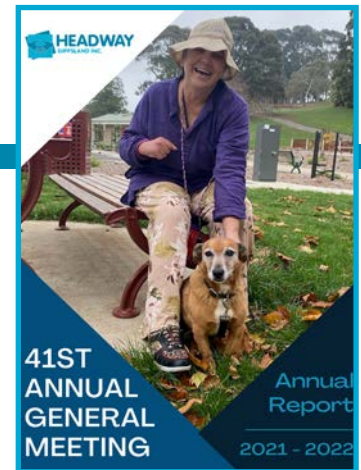
Pics from our AGM

Thank you to all who attended our 41st Annual General Meeting on Monday 14th November.

It was a successful event with a guest speaker, cupcakes and heart-warming stories from the year.

You can still read our booklet, including all of the financial data within, on our website.

If you know someone who would like to be featured in our booklet next year, please reach out to r.harasymenko@headwaygippsland.org.au. This year, our contributors received a hard copy of their story to take home.



Ian Robertson

Ian Robertson has lived a life of adventure. He's moved around to different towns, worked in a variety of jobs, and knows the best fishing spots to visit.

During our time with him, he reminisced about growing up on a farm, travelling with his best mates, and all the different work he's done.

"We lived on the river, at Bunyip. It was grouse. [We had] 98 acres, cattle cows – black and white Friesians. I've got a photo kissing one of the bulls. His nickname when I was a kid was Sam. He was only a little guy."

Ian has many interests, but the three that he loves most are: "Fishing, trucks and the bombers."

"I catch trout on the river, and I've been out on the ocean once or twice on a boat."

Growing up on a beef cattle farm, he also used to work at the abattoir. "I swept floors, and stuff like that. As a student. I was there for 11 years – I quit 13 times," he laughs. "I knew the boss really well. I'll never forget his name. Lovely fella."



Ian has done a bit of everything! When asked what other jobs he'd had, Ian said, "I worked at Mark's Timber in Warragul, and Clayton South. Building lots of things. The Chrissy trees in Warragul. I also picked grapes up in Mildura. That was good. Green grapes."

A passionate bombers fan, Ian sported a hat in the black and red stripes. He says he's been a supporter his whole life.

Navigating life without his late family has been a challenge for Ian. But he continues to see the beauty in every day, and in the people around him.

"Third day of sunshine," he says, "nice blue sky. Yesterday there was one tiny cloud. Just one."



Puzzles



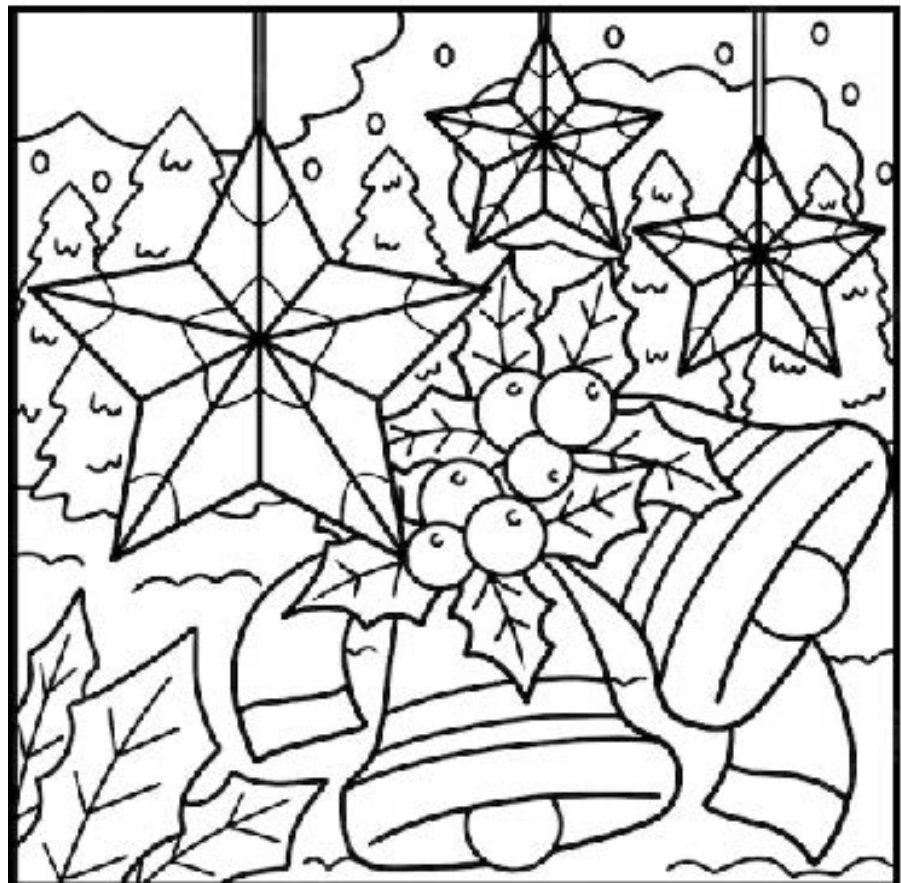
Christmas Word Search

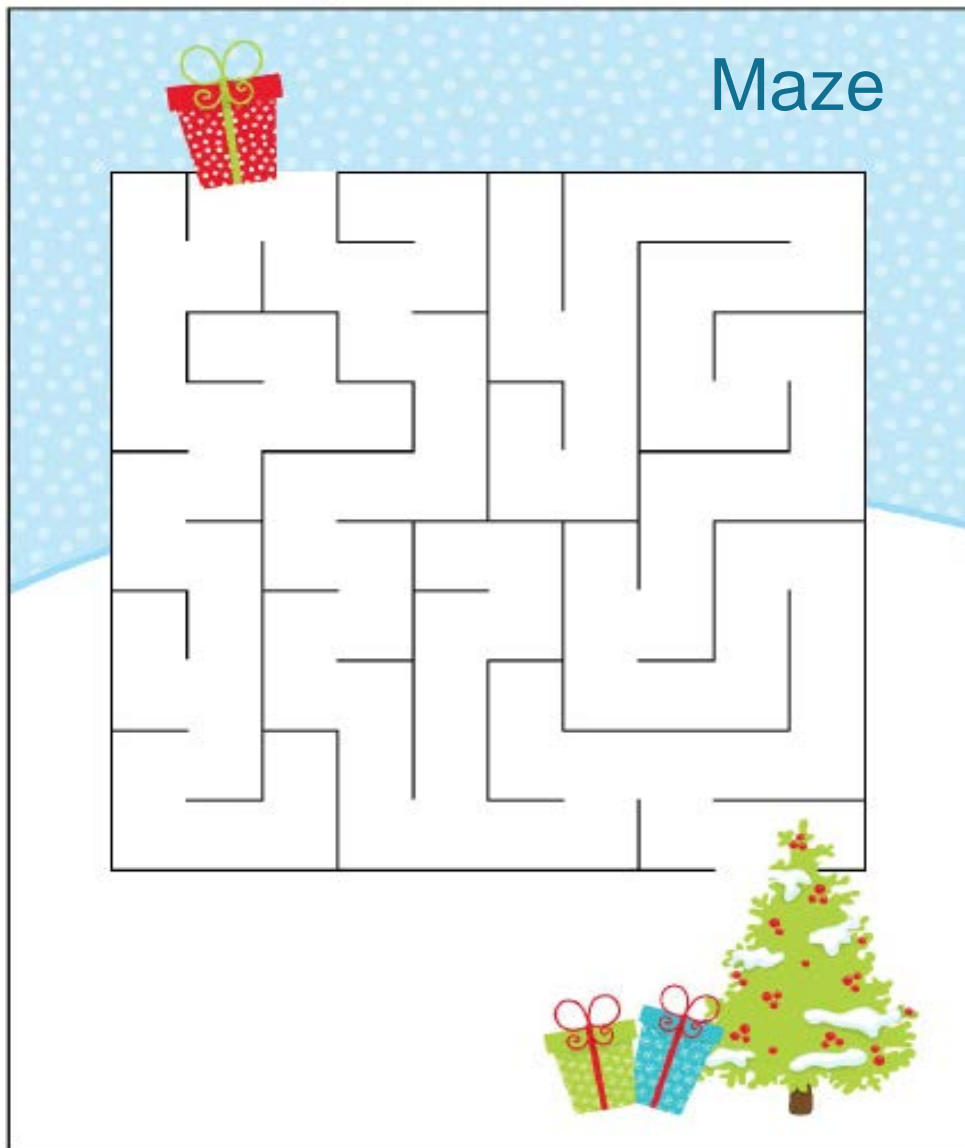
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O	F	T	R	E	T	I	O	I	A	R	L
T	S	I	S	S	G	I	N	W	M	E	T
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T	C	U	D	R	O	T	R	O	T	E	N
S	K	D	D	A	P	A	R	T	Y	Y	R
I	I	O	I	C	T	U	R	K	E	Y	W
M	N	L	N	D	R	A	T	S	U	C	R
N	G	P	G	L	E	L	U	Y	A	P	E
N	F	H	I	Y	R	R	E	M	A	H	A
A	A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

REINDEER
 CUSTARD
 ELF
 STOCKING
 MERRY
 ANGEL
 PRESENT
 TURKEY
 SNOWMAN
 PUDDING
 NATIVITY
 RUDOLPH
 BRANDY
 MISTLETOE
 YULE
 FAMILY
 CAROLS
 FEAST
 WREATH
 PARTY
 TREE



Colouring in





Help place the present under the tree!

The answer is on the back page.

What's your elf name?

1 - Pick the first letter of your first name

- | | | | |
|--------------|-------------|--------------|-------------|
| A: Robin | H: Ginger | O: Evergreen | V: Marzipan |
| B: Pixie | I: Chestnut | P: Cinnamon | W: Frosty |
| C: Topsy | J: Merry | Q: Snowflake | X: Cookie |
| D: Mistletoe | K: Angel | R: Coco | Y: Mulled |
| E: Jingles | L: Buddy | S: Strudel | Z: Jolly |
| F: Noel | M: Tinker | T: Pudding | |
| G: Snuggles | N: Snowball | U: Chipper | |

1.2 - Pick the month of your birthday

- | | | |
|-------------------|-----------------|--------------------|
| Jan: Plumbottom | May: Sugarplum | Sept: Jazzy Hands |
| Feb: Twinkle Toes | Jun: Cinnabuns | Oct: Snickerdoodle |
| Mar: Candy Cane | Jul: McJingles | Nov: Frostybum |
| Apr: McSprinkles | Aug: Peppermint | Dec: Fruitcake |



If undelivered, please return to:

PO Box 49,
Morwell VIC 3840

PRINT POST

APPROVED

No. 100002355

Contact us

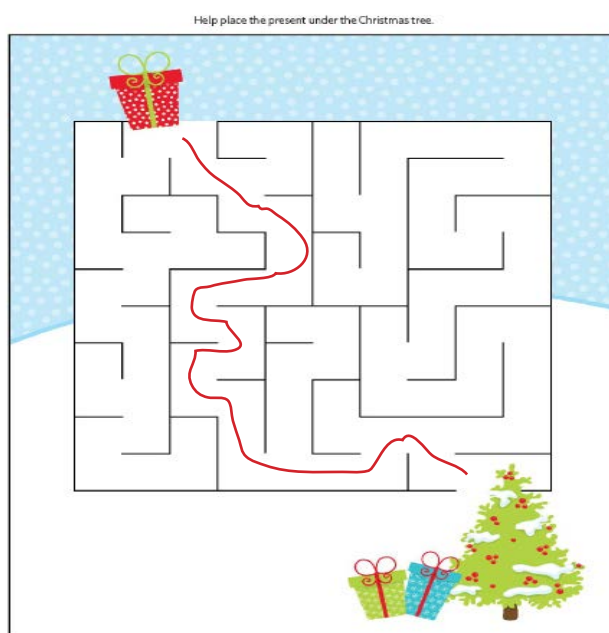
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Morwell

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5127 7166

headwaygippsland.org.au

Newsletter contact - Rhiannon
r.harasymenko@headwaygippsland.org.au



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.