



# Spring 2022 newsletter



Spring is my favourite time of the year but this year has been so wet it has been hard to appreciate the beauty of the blossoms between showers.

Headway is very excited to be able to hold the AGM this year back in person after two years of Covid restrictions. We are hopeful of seeing you there!

With our recruitment delays Headway will progress some of the objectives of its strategic plan in 2023 and we look forward to sharing these with you during the year.

As always please get in touch if you wish to share any ideas with us.

Headway is always on the lookout for GREAT life skills officers and the carer shortages are being experienced across much of the country. If you know someone who would be a great fit for our organisation send them through our details.



Jenelle Henry  
Chief Executive  
Officer

## 2022 AGM Announcement

This year's Annual General Meeting will be held on 14th November, 2022.

All members, stakeholders, families and staff are invited to attend.

Presentation will include guest speakers, success stories, financial information, plans for 2023 and celebration of all people of Headway.

See details on page 12.

## What is inside



A visit from the police!  
page 6



Spring activities  
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# Local news



## Covid update

From 8 September.

The self-isolation period will reduce from 7 to 5 days, excluding people who work in high-risk settings.

The requirement to wear masks while travelling will also be lifted.

Stay safe, get vaccinated and call the Hotline 1800 675 398 for queries.



**WORLD  
MENTAL  
HEALTH  
DAY** 10 OCT  
1010.org.au

### Mental Health Month

October, 2022

Get some tips at

<https://lookafteryourmentalhealthaustralia.org.au/>



**POSITIVE  
POWERFUL  
PARENTS**



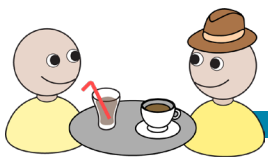
### FREE Self Advocacy Training for Parents

Friday November 11th

10:30am-2pm

(03) 9639 9106

[info@positivepowerfulparents.com.au](mailto:info@positivepowerfulparents.com.au)



# Social support groups



**A day out in Corinella**

**Planting veggies in Traf**



**Line dancing in Morwell**



**AFL Grand Final Day!**



**Winners of the Heather Hughes AFL Tipping Comp!**



**Senior Constable Clare visits**

**Lunch and bowls at Traralgon RSL**



**The Intergroup challenge 2022!**



# Planting veggies in Trafalgar



Our Trafalgar Group got a head start on a long-awaited Spring by planting some veggies in the local community garden.

We planted some leafy greens and zucchini, and watered them in well!

We look forward to watching them grow and enjoying a fresh summer salad once the weather warms up!

Since planting, the group have been to visit the garden, and are pleased to see they have grown so much already!

All seedlings survived the transplant, so it's clear that the group have some very green thumbs indeed!

Happy gardening everyone!



## What to plant now

- tomatoes
- sunflowers
- lettuce
- beans
- zucchini
- marigolds
- beetroots
- carrots
- watermelon
- cabbage
- potatoes



# Morwell Group meets Constable Clare



The Morwell Group had a special visitor: Constable Clare from Victoria Police!

Constable Clare spent the day chatting to us about:

- How she got into the police force
- Some of the things she does
- What she enjoys most about being in the police force

Stephen even wore his special police cap for the occasion!

The Morwell Group are planning a visit to the Moe Police Station, to be given a tour by Constable Clare.

It was a day full of learning, laughing and of course, lunching!



A big thank you to...

Constable Clare for visiting and chatting with us!

# Staff News at Headway



**Margaret Wilson** is retiring at the end of October. We thank her for all her wonderful service and wish her all the best for the future and her new adventures!

We bid farewell to valued team members **Jody O'Kane** and **Danielle Cuthbertson**. We really appreciate the time they spent with us and the wonderful work they did at our Morwell Office.

Though we are sad to see Jody and Danielle go, we are happy for them to be pursuing new opportunities. We wish them all the best on their new journeys!

## Welcome to the team



We are equally happy to welcome **Rhiannon Harasymenko**, our new Marketing & Communications Officer. Rhiannon comes to us from a background in writing, e-learning and digital design.

Outside the office, she is an avid gardener, mother of two fur children and loving restorer of a 1900 miners' cottage.

Please contact Rhiannon for all events, news and announcements you would like featured in our publications!

# Our new Brevity Care App!



**Headway Gippsland is offering access to Brevity Care Software for our NDIS participants**



## **You will have access to the:**

- ➔ news feeds, notifications and documents shared with you
- ➔ Plan Management period/expiry dates
- ➔ total NDIS budget allocations, including amount spent/remaining
- ➔ real-time updates to available Plan funds
- ➔ approval of supplier invoices processed by Headway's Plan Management team

## **Participants receiving 1 on 1 Support Services can:**

- ➔ monitor the plan dates and available funds under funding categories
- ➔ see details of upcoming and completed support worker shifts
- ➔ report incidents directly to Headway Management



This is available to you, and to your support worker!

If you are interested, please contact [intake@headwaygippsland.org.au](mailto:intake@headwaygippsland.org.au)

# Celebrating World Mental Health Month *with*



## 4 ways to improve your mental health



### Eat well!

Eat plenty of fresh fruit and veggies. Don't forget to eat as many colours as you can!



### Get enough sleep

Try and get between 7-9 hours of sleep every night!



### Get some fresh air

If that's exercising, gardening, or playing with your pets - let's go outside!



### Mental health exercises

Take some time every day to sit quietly, meditate, draw, journal or rest, to give ourselves a break!

If you or someone you know needs help  
Call 13 11 14 – Crisis support





# Puzzles

## Spring Word Search

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

FOLIAGE  
BLOSSOM  
CHICKS  
BUMBLEBEE  
BREEZE  
POLLEN  
LADYBUGS  
LEAVES  
NEST  
LAMB  
FLOWER  
DAFFODIL  
SPROUT  
DAISY  
BOUQUET  
GREEN  
DUCKLINGS  
SKY  
EGGS  
SWEETPEA  
BLUE  
PINK

Play this puzzle online at : <https://thewordsearch.com/puzzle/4130451/>





# Decode the message

Each letter in the phrase has been replaced with a random number.

Try to decode the message.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
8	26	7	19	16	9	2	4	5	11	23	10	12	18	22	25	15	20	3	14	1	13	24	17	21	6

W E P S S S P R  
 24 16 25 10 8 18 14 3 16 16 19 3 5 18 3 25 20 5 18 2

Answers on the back page

## Colouring in





# 2022 ANNUAL GENERAL MEETING

Monday 14 November  
1pm - 3pm

Light refreshments provided

## RSVP

by 28 October 2022

[reception@headwaygippsland.org.au](mailto:reception@headwaygippsland.org.au)

03 5127 7166

OUR  
AWESOME  
SPEAKER



**DR CARLA VAN LAAR**

Artist | Art Therapist

Carla has worked with people who have disabilities since 1991 and continues this work today in her Inverloch based Art Therapy studio. Her new book "Seeing her stories" presents her research into making unseen stories visible through art

LOCATION

**TRAFALGAR  
COMMUNITY CENTRE**

105 Princes Highway  
Trafalgar

Parking at rear of the  
building



If undelivered, please return to:

PO Box 49,  
Morwell VIC 3840

PRINT POST

APPROVED

No. 100002355

## Contact us

Headway Gippsland  
219 Princes Drive,  
Morwell

Postal Address  
PO Box 49  
Morwell VIC 3840

Phone  
5127 7166

[headwaygippsland.org.au](http://headwaygippsland.org.au)

Newsletter contact - Rhiannon  
[r.harasymenko@headwaygippsland.org.au](mailto:r.harasymenko@headwaygippsland.org.au)

Answer: Decode the Message

We plant seeds in Spring.



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.