



# Autumn 2023 Newsletter



Welcome to this seasons' newsletter – where we celebrate all things autumn and cosy. As the weather gets cold, I hope that you take this time to be cosy and comfortable.

'Hygge' is a Danish word for the warm feeling of being indoors, with some fluffy socks, your favourite movie and a hot chocolate. It is the feeling we get from looking after ourselves, spending time with pets and loved ones, and hunkering down until the colder months pass.

In this newsletter, we share some autumn-themed pics and activities (we even have a recipe for that hot choccy, that we encourage you to try)! We hope that you feel hygge this autumn season, and send us your hygge pics so we can share them in the next winter newsletter.

Stay warm, everyone!



Jenelle Henry  
Chief Executive  
Officer

## Generosity in the community

Our wonderful Morwell group have been fundraising for Animals of Oz to come and visit them!

Thanks to the kindness and generosity of local O-Net Moe Office Supplies owner, **Peri Hortis**, this dream can now become a reality!

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# Local news



Thank you to [Peri Hortis](#) for your incredible generosity. Our Morwell group were raising money for a visit from Animals of Oz. Thanks to the kindness of local business owner Peri Hortis, who donated the full amount, this dream can now become a reality.

Mr Hortis owns [O-Net Moe Office Supplies](#) in Moe, and we cannot thank him enough for the support. We will run a full story on the event very soon!

Web: [www.onet.net.au/moeoffice](http://www.onet.net.au/moeoffice)



## East Gippsland Winter Festival

Lantern parades, art, live music, local food, markets, wellness experiences, workshops and more

9 June - 9 July, 2023

Multiple locations across Gippsland

<https://egwinterfest.com.au/program/>



## Cars and Songs Display

Cars and classic rock'n'roll songs - what's not to love?

11 May - 29 Jun, 2023

1 Sale Rd, Maffra, 3860

<https://www.gippslandvehiclecollection.org.au/>



## It's Flu Season...

The Victorian Department of Health has new recommendations regarding preparing yourself against the flu and other sicknesses this winter.

You can find all the information below

<https://www.health.vic.gov.au/public-health/immunisation>



# Supporting Peter Clement

Peter Clement is one of Headway Gippsland's longest serving board members, and offers a voice for people with acquired brain injury.

With around 20 years in various roles supporting Headway Gippsland, Peter Clement has been a treasured member of our community.

After a car accident at age 18 resulting in an acquired brain injury, Peter sought fellowship with an organisation he could share his time and skills with, and to find a sense of belonging.

We have been blessed with Peter's friendship since 1993.

Unfortunately, Peter has been facing some personal hardships. As a result, he has been unable to travel to important medical appointments. To support him during this life chapter, and show appreciation for his society over the years, we are appealing for donations for Peter and his family through a GoFundMe page.

To our wonderful community: should you wish to contribute to helping our Peter, no matter how small, please scan the QR code with your camera to go to the GoFundMe page. You can also visit our website for more information.



SCAN ME



# Social support groups



## Wonthaggi Group



**Our Wonthaggi group going on some wonderful adventures!**

**Pat has now taken the role of Coordinator for the Wonthaggi group. Pat is well known and loved within the group and will do an excellent job continuing Lyndon's wonderful work! Thank you, Pat!**

## Art Exhibition

**Some pics from the AMAZING Art Exhibition held by our talented Wonthaggi Group!**





# Morwell Group



The Morwell Group has been busy! We have had some lovely students doing placement with the group, and they have been doing a wonderful job! Everyone has enjoyed getting to know them. Thank you Zach, Eva and Erica for spending time with us.

**Steve looking great in his yellow tie!!**





# Trafalgar Group



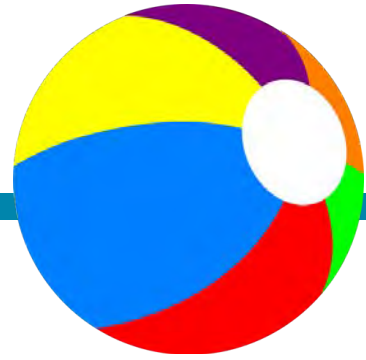
## Autumnal activities

The Trafalgar group are getting into the Autumn spirit, with crafting, walks in nature and making delicious pumpkin soup!





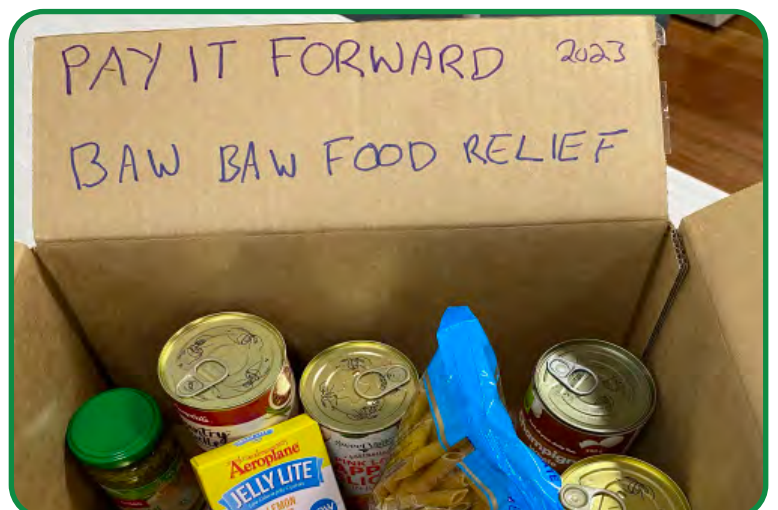
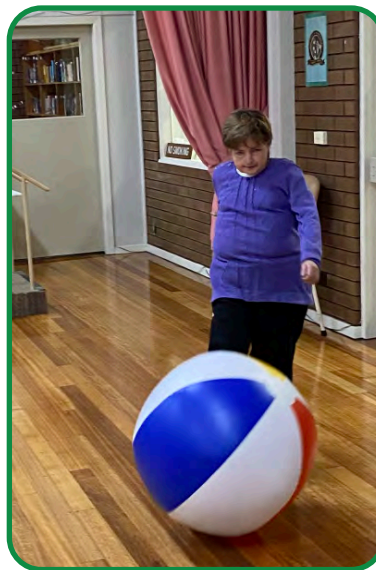
# Warragul Group



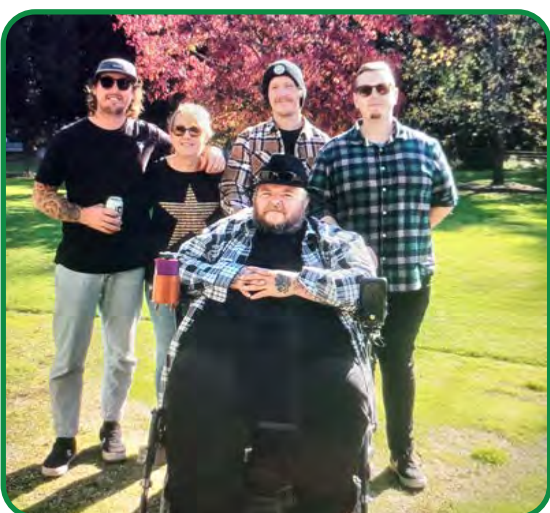
## Playing games and fundraising



The Warragul group has been collecting donations for the Baw Baw Food Relief, as well as playing some games and kicking a giant ball! How fun!







# Grant's new home



Grant Prestt is a jovial man, with a sharp sense of humour and a life jam-packed with experiences. Being the life of the party, patriarch of his family, and having an unrelenting strength about him, you'd never believe the struggles he has faced.

In 2016, Grant had an aneurism which resulted in a brain injury. Ever since, he has been searching for a forever home where he can be supported to live independently, and to just get on with things.

His dream finally came true this year. We visited Grant in his spacious but cosy home in Clyde North, where we found him on the deck, basking in the autumn sunlight. He moved to his new home after living in aged care that was unable to align with his needs or wishes. But now, he has wonderful people around him all the time, who run a tight ship and provide unwavering care.

Grant's sister, Donnalee, has been integral to the whole process. She and Headway's own Senior Support Coordinator Lisa Kuhne joined forces and pushed tirelessly to get Grant where he is today. "It was a very long and difficult process," says Lisa, "But we





got there in the end. Donnalee has been incredible, she is so strong."

It is clear that strength and resilience runs in the family, as the lengthy travel to Clyde North was not easy for Grant. But he's so glad to be where he is now, and has really turned his space into a home. Pictures of his family and friends and canine companions adorn the walls, and a curated selection of comedies sit on his shelves.

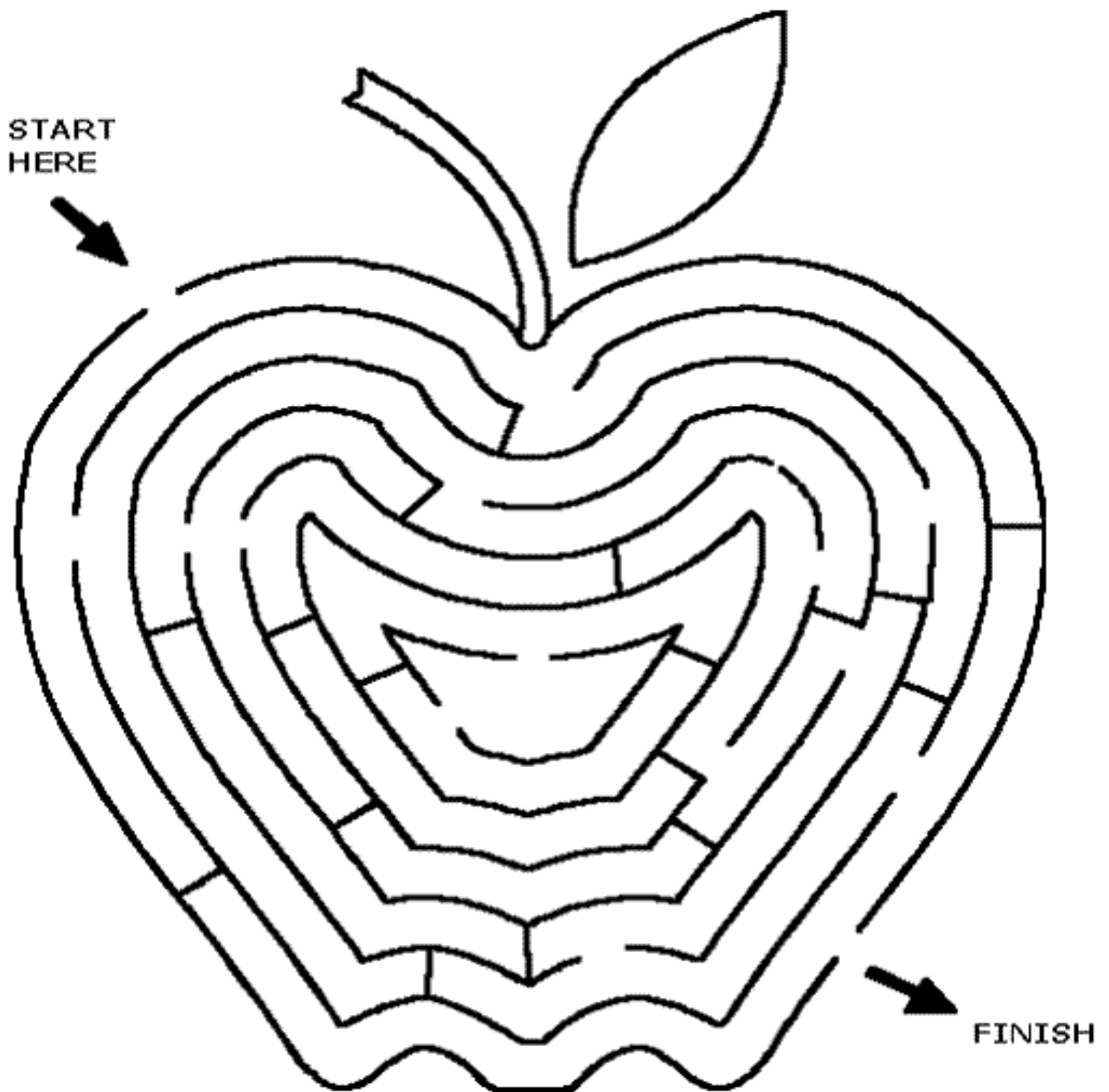
When asked what his favourite things in the world are, Grant says, without hesitation "My family, the footy, and fishing. But my family is everything." Grant loves his daughters and grandchildren, and hopes for their lives to be happy as he cannot be with them as often as he once did, raising them as a single father.

Grant is much happier in his new home. There is a café down the road and a park within walking distance. When asked what his favourite part about his new place was, Grant thought for a moment, and then said "the peace." He is a man who can now enjoy peace and live life how he chooses.



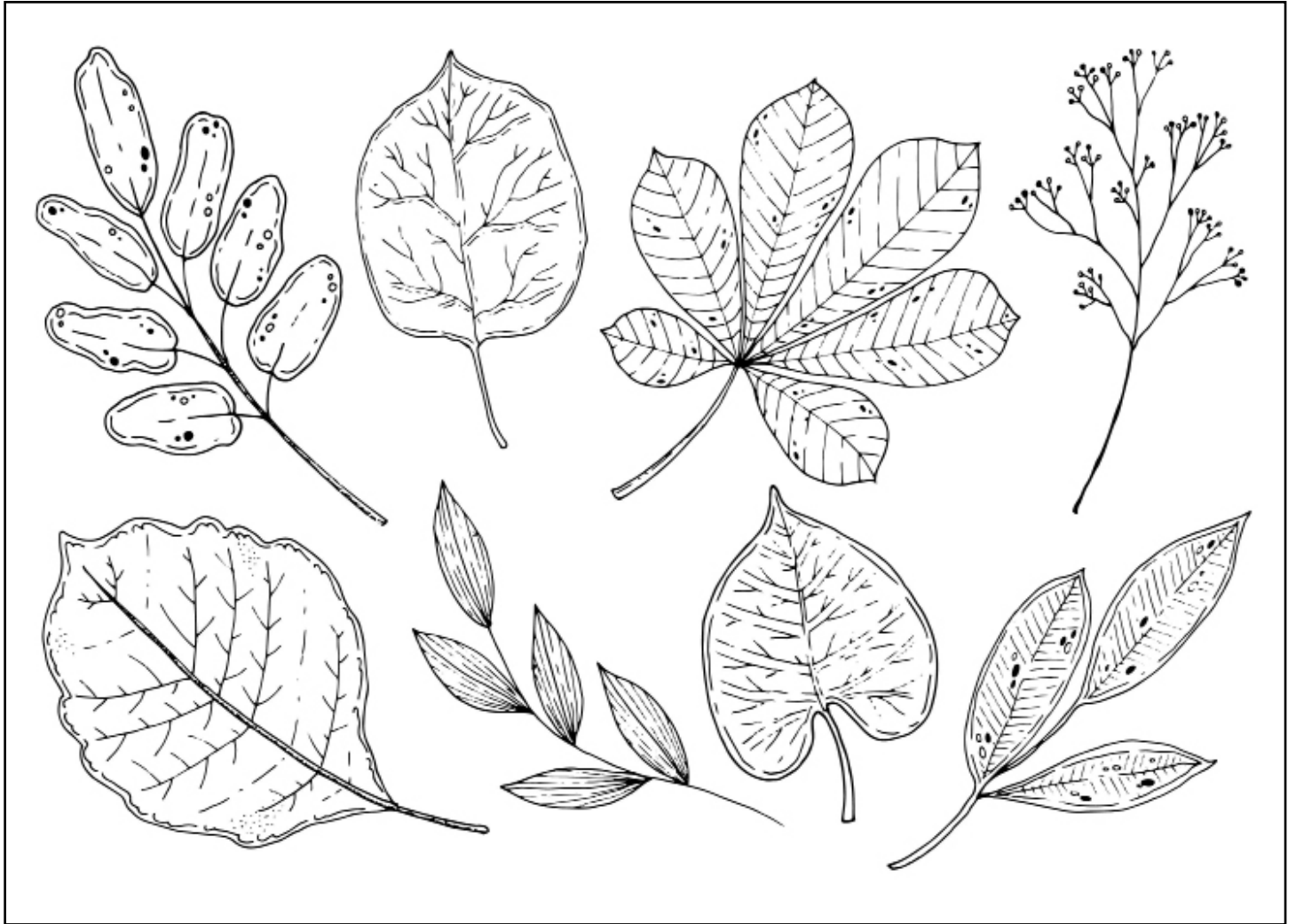
# Puzzles

## Apple Maze

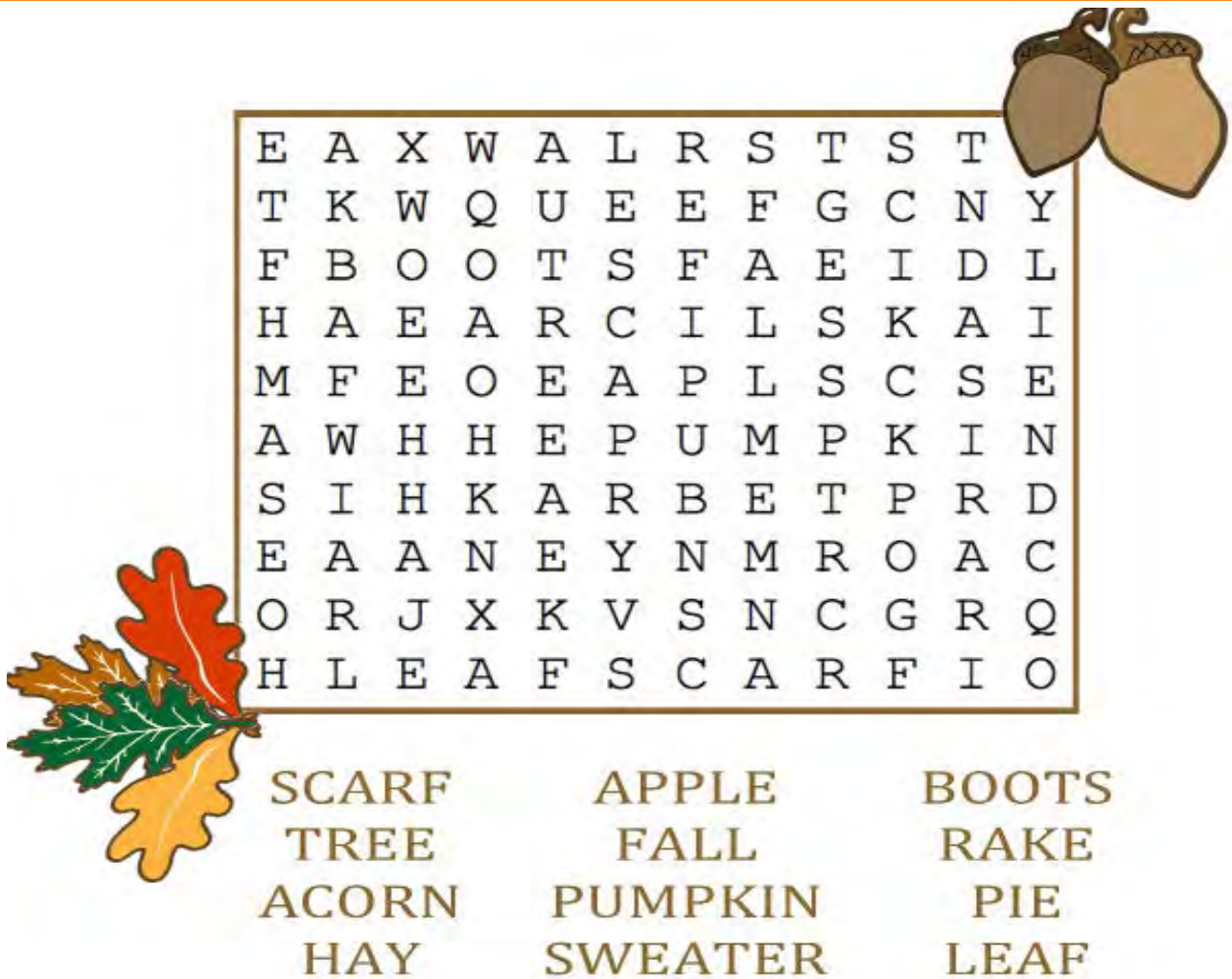





# Colouring in



# Find as many words as you can



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



SCARF  
TREE  
ACORN  
HAY



APPLE  
FALL  
PUMPKIN  
SWEATER


BOOTS  
RAKE  
PIE  
LEAF



## Healthy hot chocolate recipe




In a sauce pan combine and whisk

 cup
  milk

 1 tbsp honey

 2 tbsp
  1 tbsp cocoa powder

 1 tsp vanilla