



Autumn 2024 Newsletter

Autumn was a truly lovely season.

Trees are showing their colours. We've had some cold days, some warm days, and some wet days.

We've unpacked the blankets and winter pyjamas, and busted out the slow cooker.

This newsletter will help you settle in to the cosy season. We have some local events, a yummy recipe, and some activities for when you are spending time indoors.

At the end of this newsletter, please find

some helpful tips for staying healthy during cold and flu season.

We are always looking for inspiring stories to share with our community. Are you one of them? If you would like to be featured, give us a call or send us an email!



Jenelle Henry
Chief Executive
Officer



Riddle

What begins with an "E" and only contains a letter?

Email us your answer!

What is inside...



Story: The Inspiring Life of Annita - page 9-10



Autumn themed activities - page 12-13

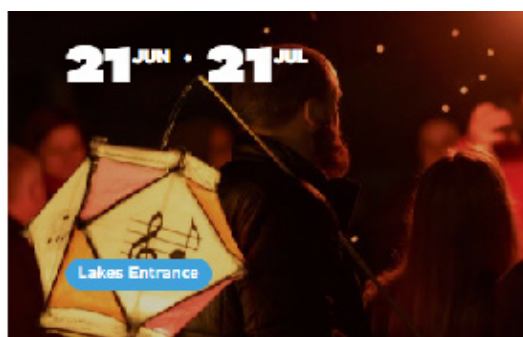
Local news



Pride Month - June

Pride Month is a month dedicated to celebration and commemoration of LGBTQ+ pride. Pride Month began after the Stonewall riots in 1968. Visit the link below to see some events happening around the state.

<https://australianpridenetwork.com.au/lgbtiq-festivals/victoria/>



East Gippsland Winter Festival

21 June - 21 July

The festival salutes winter's long nights with pop-up events, lavish winter feasts, art installations, lantern parades, workshops, wellness experiences and more.

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



International Comedy Festival Roadshow

Bairnsdale, 5 July 2024

Australia's biggest and best comedy spectacular is setting off on its 26th annual road trip around the country!

<https://www.trybooking.com/events/landing/1167429>



Medieval Winter Fire Festival

Bruthen, June 22 3pm-9pm

Get dressed up in your best medieval costume and join in the fun! Medieval re-enactments including combat and flaming sword battle. Skills and craft demonstrations, food and drink, plus more

<https://baec.com.au/events/>



Networking Event

Check out our upcoming event to learn more about what we offer and have the chance to network with likeminded people





Friday, June 7th
10am-12pm

Tea, Coffee and snacks provided,
please RSVP



Register Now

Life support concession

<https://services.dffh.vic.gov.au/life-support-concession>

Visit this link to find out more and check your eligibility

Your electricity company's obligations to you

If you use a life support machine at home, you can register with your electricity company to ensure that during a power outage, you are notified beforehand. They also cannot disconnect you without notice. You will also receive priority should the power go out.

Visit this website to find out more

<https://www.ewov.com.au/fact-sheets/life-support>

Are you a
concession card
holder using
a life support
machine at
home?

Welcome to our new Board Members

Gary Dore



Emma Vandenberg



Our Board of Directors is a group of hardworking volunteers who drive the future direction of our organisation with their expertise and enthusiasm.

Welcome to our newest members Gary and Emma.

Below is an advertisement

Call 1800 571 142

Monday – Friday 9.00am – 7.30pm

Saturday and public holidays 12.00pm – 7.30pm

Sunday By appointment only

Email

latrobelocalservice@neaminational.org.au

Website

betterhealth.vic.gov.au/mhwlocal

In an emergency

If you or someone you care for needs immediate emergency assistance, call 000.
For 24-hour mental health support call Lifeline on 13 11 14



The Latrobe Mental Health and Wellbeing Local service supports Victorians aged 26 years and over to get mental health and wellbeing treatment, care and support closer to home.



Social support groups



Clay art



Painting door mats



They look so colourful



Billiards in Traf



Lawn bowls day



Pet rock art

Morwell Group

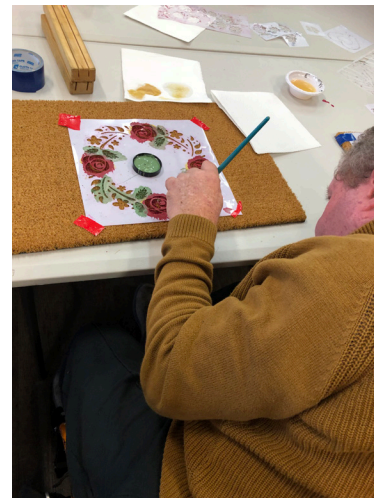


The Morwell group have been having lots of fun over the autumn season!

They have taken advantage of the cooler weather to do lots of cooking, crafts and indoor activities.

Robert celebrated his birthday with a delicious cake!

The group also met their new furry companion, named Bonty, who will be joining the group for future activities.



Trafalgar Group



The Trafalgar group have also been cosying up with some arts and crafts over autumn.

They have enjoyed working with different mediums and showing their artwork (they look so fantastic).

Lastly, they have of course enjoyed playing their favourite game of billiards

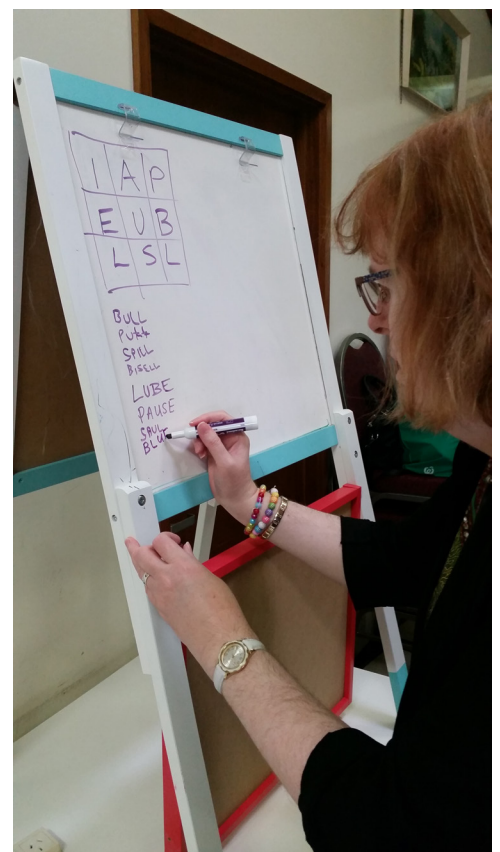


Wonthaggi Group

Joining in on the trend - the Wonthaggi group have also been expanding their artistic skills with new crafts.

They recently worked with clay, using decorations from nature.

They have also been playing some new word games - it looks like so much fun!



The Inspiring Life of Annita

It's not every day you meet someone like Annita.

Annita is a remarkable person who never lets her disability hold her back. Instead, she faces the world with strength, resilience and kindness. Sometimes, things can be up and down, and she faces some personal struggles. However, the way she finds joy in life through her hobbies and interests, is an inspiration to us all.

First and foremost, Annita is a talented musician. Her love of music started when she was 16 years old, and has grown ever since. She listens to many genres and plays several instruments beautifully, by practicing every day. When asked the secret to her success, she said "I keep my guitar out, so I can see it. You can pick it up for five minutes, and have a play. Don't give up, just give it a go."



Music isn't Annita's only passion. She also loves photography, which you may have already seen shared on our social media. She has a special talent for capturing the beauty of the world around her. Whether it's a stunning sunset, a friendly bird, or a special moment with her family, her photos are always full of life and colour. Her photography helps us see the world in a new and beautiful way.



Annita's photography

And finally, Annita is also a passionate collector of antiques. With an eagle eye and a deep respect of the stories behind them, Annita has collected antiques from all over the globe. When asked what her next pursuit is, Annita says: "Bass guitar, definitely bass. That's my next pursuit. And songwriting, getting into that again."

"You like a bit of everything," says her Support Worker, Katie. They met in February five years ago and the two have been great friends ever since. Just like Katie, Headway is proud to be able to support Annita. "I feel comfortable, I feel protected. I've made good connections with people at Headway," Annita says. And the sentiments are returned. "It's a pleasure to provide support to you," says Katie.

Life hasn't always been easy for Annita. She has faced many challenges. However, when things get tough, she finds the courage to keep going. She never gives up, and always looks for the bright side of every situation. "I'm very positive. However, sometimes I'm down, but I try and pick myself up."

Annita is a shining star who inspires us to be our best selves. Her journey reminds us that with hobbies, strength and kindness, we can achieve great things and make a positive impact on the world around us.



Katie, Annita and Annita's mum



What advice do you have for someone in a difficult situation?

"Don't give up. Ask for help if you need it. And if you feel like you want to give up, just keep going. Don't stop until you get the help or support that you need. There's an inner strength in everyone, and you just have to bring it out."

**SCAM
ALERT**

DO YOU KNOW HOW TO SPOT A SCAM?



Scams are a growing problem for everyone.
People with brain injury or other disability are
more at risk of being scammed.

CYBERABILITY

We'll help you stay scam safe

- FREE online training in scam safety you can complete in your own time.
- Interactive, accessible and fun with videos, text-to-speech and illustrations.
- Based on research, real-life experiences and input from people with brain injury who were scammed.

Skill Up!



1. What is a Scam



2. Scams and Brain Injury



3. What are Red Flags



4. Romance Scams



5. Gaining Access Scams



6. Tips for Increasing CYBERABILITY



7. Stopping a Scam



8. Finding the Silver Lining

Check Your CYBERABILITY Scores

Design Your CYBERABILITY Plan

Earn CYBERABILITY Badges

Receive a CYBERABILITY Certificate



START IMPROVING YOUR CYBERABILITY NOW

cyberability.org.au

cyberability@monash.edu



CYBERABILITY

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Autumn



WORD SEARCH



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



SCARF
TREE
ACORN
HAY

APPLE
FALL
PUMPKIN
SWEATER

BOOTS
RAKE
PIE
LEAF

Colouring in



Pumpkin Pie Recipe

- Unbaked pie crust or shortcrust pastry
- 1 can pumpkin puree
- 1 can sweetened condensed milk
- 2 large eggs
- 1 teaspoon spices of choice

1. Preheat the oven to 200 degrees C
2. Fit the pie crust or pastry into a pie dish
3. Combine all the ingredients in a bowl, then pour mixture into the pie dish
4. Bake for 30 minutes or until cooked through. Cool before serving with cream

Media consent form

If you want to have your photos shared, fill this out and send it to us



Form – Media Consent Form

Name

Address

Headway Gippsland seeks permission from the employee/participant to use the following:

- Voice recordings
- Spoken comments
- Photographs
- Own spoken/written experiences
- Names for identification

It is intended that the images/recordings of the Employee/Participant will or might be used in the following:

- Publication on Headway Gippsland's public facing website or social media sites
- Included in Headway Gippsland's marketing materials (eg. brochures)
- Included in other Headway Gippsland's public-facing materials (eg. training videos)
- Publication on the Headway Gippsland's Internal website or Intranet
- Included in the Headway Gippsland's internal and external newsletter

The material provides will NOT:

- Be used or published outside of Headway Gippsland's documentation
- Seek to represent employees or anyone associated with Headway Gippsland negatively
- Be altered to change meaning or authentic voice

Photographic images may be personal information for the purposes of relevant privacy laws. This information will be used for the purposes indicated above. It may be shared with other members of the Organisation group, some of which may be located outside Australia. It will not be disclosed to third parties other than for the purposes outlined above without your consent.

The Undersigned consents to this use without remuneration for such use:

Signature

Date

Consent may be withdrawn by request in writing at any time

Support for you

Staying healthy during flu season.

Know your vaccination options

If you choose to be vaccinated, your local doctor or GP can organise this for you.

Tips to prevent sickness

You can do the following to reduce the chances of getting sick

- stay safe distance from others
- do not touch your face
- healthy foods and vitamins for strong immune system
- clean surfaces in your home
- wash hands often
- get vaccinated (your choice)



If you get sick...

Look after yourself and try not to spread it to others.

Tips:

- wear a mask in public
- cover your mouth when you cough or sneeze with an elbow or tissue
- do not share food and drinks
- stay home and rest
- drink plenty of water



If you experience severe symptoms such as:

- trouble breathing
- sustained fever over 38 degrees
- mental confusion

Visit your local hospital or call 000

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

[Graphics in this document designed by Freepik](#)

This will be my
last newsletter.
I have been
honoured to create
them for you over
the past few years.
Thank you for
reading! Take care
-*Rhiannon*



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.