

WELCOME!

Spring is certainly in the air, with the smell of life perfuming the cool breeze and the early sun glistening in the morning dew. We are approaching the light at the end of the tunnel with just a little further to go. To help continue filling your day with purpose and meaning, you should expect your Spring Activity Pack in early October. You will also have the opportunity to participate in a program designed to promote healthy brain function as developed by Macquarie University. So, sign up and get your mind ticking!

ZOOM BOOKINGS

Whilst our classes have run successfully during the past year with a strong core group established; we cannot assume your intention to attend your usual class. Please continue to call or email to book your attendance. Your bookings will allow us to determine if there are enough people to run the class. If bookings are low, we may have to cancel the class.

EMAIL AND POST

Unfortunately, we still cannot print and send large amounts of the Social Support calendar at this time due to government orders to work from home unless essential. We apologise for the inconvenience caused.

If you would like to participate in any of these activities



Call: **1300 134 332** or



Email: customercare@yourside.org.au

VOLUNTEERS AND STUDENTS

The Social Support program relies heavily on students and volunteers to deliver the best service to you. Our students usually study at university and have come to Your Side on fieldwork placement to put theory into practice and develop the skills that cannot be taught in the classroom. All who assist are kindhearted souls with something to offer. From now until mid December, these friendly faces (and voices) will assist the program in an array of projects. Please say hi to our new team!



Leandro

Hi my name is Leandro and I am an international student of Social Work (bachelors), doing my first placement. I intend to work within the aged care system. Therefore, I find the opportunity to do my placement at Your Side extremely valuable as a future social worker and myself. I look forward to seeing where I will be in terms of knowledge by the end of the placement. My true passions are yoga and meditation, to get my mind centered. I have fallen in love with modelling and photography whilst growing up. I also have always been very empathetic and willing to help others and in social work I have that opportunity. Learning excites me.



Indira

I am Indira, studying Master of Social Work at ACAP (Australian College Of Applied Psychology). I am doing my placement at Your Side and I would like to learn more about the services provided by Your Side to the people over 65, people with disability and their careers. I would also like to learn about research, events and activities and how programs are developed. In the Social Support program, I will apply my theoretical knowledge that I studied in my course. After completion of my placement at Your Side, I will be graduating with the capacity to work in the aged care sector. My Interests are communicating with new people, visiting new places, loves to spend time in nature, hiking. Moreover, i love to engage in advocacy, and community outreach activities.

Hello, I'm Anushka, and I am studying my Masters in Social Work at ACAP. Your Side is my first placement and I aspire to become a social worker in various areas in the field. I plan to increase my knowledge and skills so that I can work with clients in a professional manner. My interests: cooking, travelling, meeting new people and making friends, watching K-dramas, and help people around with the resources I have.



Anushka



Susma

I am Susma and I am from Nepal and studying here in Australia. I am doing my Masters of Social Work degree at the Australian College of Applied Psychology (ACAP). I want to pursue a career in the disability sector and doing my placement at Your Side turned out to be a great opportunity for me. I am looking forward to my professional growth and development, and to increase my ability to understand how social work processes are carried out in Australia. I wish to explore how program and activities are designed and implemented. In the Social Support program I wish to contribute or engage in creating a change in people's lives. I want my practice to be inclusive and biased free. I wish to understand the needs and ways of meeting those needs of our target group. In future, I hope to see myself working as a social worker in the disability sector. My interests are visiting new places, reading a lot of romantic novels, getting engaged in community developmental work, participating in group discussion and leadership roles. I like teaching, watching movies, hiking and listening to music.

BRAIN BOOTCAMP PROGRAM

Funded by NSW Government and sponsored by Macquarie University, the innovative Brain Bootcamp Program is an effective, sustainable, innovative, low-cost, and feasible tool to support and improve brain health for older Australians. To date, over 850 older adults have participated in the program and preliminary results indicate that participants experienced a significant improvement in their awareness of dementia risk factors as well as a significant reduction in dementia risk. Overall, the results point to the feasibility and affordability of Brain Bootcamp as a large-scale option that is easier to access and more affordable than traditional health services.

How Does It Work?

- We will send you a survey either via email or post for you to fill out with details about your lifestyle that contribute to a healthy brain, dementia awareness and quality of life.
- We will then send you your own Brain Bootcamp box to your home, along with your profile based on the results of your survey. Inside you will find:
 - Information about lifestyle factors that can impact on your risk of dementia,
 - Five items that are backed by science to help you make small, sustainable lifestyle changes to reduce your risk of dementia.
- After 3 months we will send another survey to evaluate your experience in the program and any changes to your lifestyle that contribute to brain health.

In addition to the personal benefits of participating in this program, your non-identifiable results will be providing invaluable input into future research on public health initiatives to encourage and support brain healthy, sustainable lifestyles for seniors.

We invite you to take part in this program by emailing customercare@yourside.org.au or calling **1300 134 332**. We are happy to answer any questions you may have.

Bookings close 8 October.

For more information visit: www.brainbootcamp.com.au

SPRING ACTIVITY PACK

Keep your eyes peeled in the mail from early October for a little parcel of goodness. Packed with more walking trails, an Aboriginal place names chart of locations along Sydney's coast, a 500-piece jigsaw puzzle, a collection of fresh herbs to grow, delicious spring recipes, and native Australian teas samples we hope that you will be occupied with hours of enjoyment!

These activity packs are designed to keep you engaged in meaningful activities in the home, especially during lockdown. As such, we are required give you a call to ensure it suits your needs. If you feel that you do not need to participate in this program, please let us know by emailing customercare@yourside.org.au or call us on **1300 134 332**.



DATES:	Friday 1 October
EVENT:	CLOSING AWARDS CEREMONY
DESCRIPTION:	All good things must come to an end – even STEPtember. Bring along some morning tea and join us in our closing ceremony as we celebrate our achievements over the month. We will announce how much money we have raised together for people living with cerebral palsy, how many activities we achieved as a team and award trophies for outstanding achievements along the way.
CONTRIBUTION:	CHSP SS clients: FREE
TIMES:	11am – 12 noon



DATES:	Mondays and Fridays
EVENT:	YOGA
DESCRIPTION:	Improve your balance and increase your strength through fluid movement sequences and yoga postures. The class is designed to adapt to all fitness levels. A 5-minute assessment of your physical health will be conducted at the time of booking.
CONTRIBUTION:	CHSP SS clients: \$2
TIMES:	Monday: 10:30am - 11:30am Friday: 2pm - 3pm



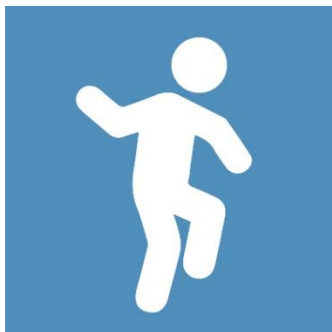
DATES:	Mondays
EVENT:	MONDAY TRIVIA MADNESS
DESCRIPTION:	How many notes in an octave? Who wrote <u>To Kill A Mocking Bird</u> ? Who is the longest standing Australian Prime Minister? If you know the answer to these or keen to find out, join us for an afternoon of trivia. <i>Clients are welcome to dial in via landline or mobile phone.</i>
CONTRIBUTION:	CHSP SS clients: \$2
TIMES:	2pm - 4pm



DATES:	Mondays
EVENT:	EVENING CHOIR
DESCRIPTION:	For the songbirds and Rock 'n' Rollers at heart, join us on Monday evenings to practice your vocals to pop, world music and folk songs, with a pianist or in an acapella, under the instruction of your choir mistress, Naomi.
CONTRIBUTION:	CHSP SS clients: \$6 Private clients: \$15
TIMES:	6pm - 7:30pm



DATES:	Tuesdays
EVENT:	COOKING WITH RON
DESCRIPTION:	This series is aimed at the cook at heart to talk about recipes, cooking techniques and healthy eating options. Sessions are live cooking demonstrations where clients can join in their own kitchen, or simply watch the fun and provide tips. Clients are welcome to cook these same recipes at their own time and share images with the group. Because, if we can't sit at the same table, we can still eat the same meal!
CONTRIBUTION:	CHSP SS clients: \$2
TIMES:	10am – 11:30am



DATES:	Tuesdays
EVENT:	NEW MOVES DANCE
DESCRIPTION:	Join in the fun with Pauline as she guides you through gentle dance movements to increase your fitness and lift your spirits.
CONTRIBUTION:	CHSP SS clients: \$4 Private clients: \$15
TIMES:	4pm - 5:30pm



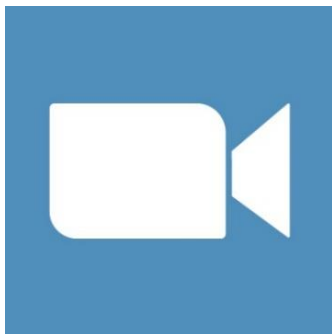
DATES:	Tuesday 5 October
EVENT:	MALE CARERS GROUP
DESCRIPTION:	The Male Carers Group is a peer support group for men in a caring role. Once a month the group meets for a catch up to have a yarn and a laugh.
CONTRIBUTION:	CHSP SS clients: \$6 Private clients: \$15
TIMES:	11am - 12:30pm



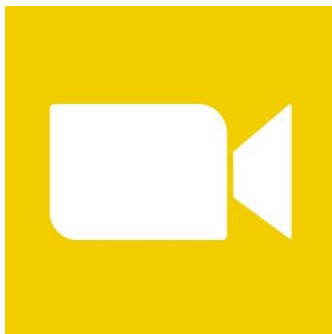
DATES:	Wednesday 6 October
EVENT:	LATIN DANCE WITH SERGIO
DESCRIPTION:	On the first Wednesday of the month, move to the rhythm of the Samba and other Latin tunes with Sergio who will take you on a journey as though you too are on a carnival float in Brazil.
CONTRIBUTION:	CHSP SS clients: \$2
TIMES:	10am – 11am



DATES:	Thursdays
EVENT:	GENTLE EXERCISE
DESCRIPTION:	Join us for a fun session of gentle exercises to improve your health and fitness. Benefits includes improvements to balance, flexibility, strength and endurance. Exercises will be modified to your own fitness levels and there is no need to purchase equipment as you can use canned goods and bottles for weights. A 5-minute assessment of your physical health will be conducted at the time of booking.
CONTRIBUTION:	CHSP SS clients: \$2
TIMES:	10am – 11am



DATES:	Thursdays
EVENT:	ZOOM TRAINING BASICS: HOW TO ATTEND A ZOOM SESSION
DESCRIPTION:	Learn how to use Zoom, the online platform we will be using to deliver our group based activities. Book in for a session to test out how easy it can be! You are welcome to join as many sessions as it'll take to build your confidence so you can focus on hanging out with your mates and participating in the activities.
CONTRIBUTION:	FREE
TIMES:	2pm - 3:30pm



DATES:	Thursdays
EVENT:	ZOOM TRAINING: HOW TO HOST A ZOOM SESSION
DESCRIPTION:	Now that you're skilled in participating in a Zoom session, learn how to schedule and host your own sessions. A great way to stay connected with family and friends and impress the grandkids!
CONTRIBUTION:	FREE
TIMES:	2pm - 3:30pm



DATES:	Friday 8 October
EVENT:	BOOKWORMS BOOK CLUB
DESCRIPTION:	<p>For lovers of the written word, join us on the 2nd Friday of the month for a discussion on the group's latest chosen read. For the first meeting, come with your top picks for the group to explore. Participation can be casual, and you can find out what we're reading for this month by giving us a call.</p> <p>In October we will review "Honeybee" by Craig Silvey</p> <p>Late in the night, fourteen-year-old Sam Watson steps onto a quiet overpass, climbs over the rail and looks down at the road far below. At the other end of the same bridge, an old man, Vic, smokes his last cigarette. The two see each other across the void. A fateful connection is made, and an unlikely friendship blooms. Slowly, we learn what led Sam and Vic to the bridge that night. Bonded by their suffering, each privately commits to the impossible task of saving the other. Honeybee is a heartbreaking, life-affirming novel that throws us headlong into a world of petty thefts, extortion plots, botched bank robberies, daring dog rescues and one spectacular drag show</p> <p><i>Clients are welcome to dial in via landline or mobile phone.</i></p>
CONTRIBUTION:	CHSP SS clients: \$8 (includes cost of book – either hard copy and postage or e-book)
TIMES:	10am - 11:30am



DATES:	Friday 12 November
EVENT:	BOOKWORMS BOOK CLUB
DESCRIPTION:	<p>Book in early for November where we will review "Once There Were Wolves" by Charlotte McConaghy</p> <p>Inti Flynn arrives in Scotland with her twin sister, Aggie, to lead a team of biologists tasked with reintroducing fourteen grey wolves into the remote Highlands. She hopes to heal not only the dying landscape, but Aggie, too, unmade by the terrible secrets that drove the sisters out of Alaska.</p> <p>Inti is not the woman she once was, either, changed by the harm she’s witnessed—inflicted by humans on both the wild and each other. Yet as the wolves surprise everyone by thriving, Inti begins to let her guard down, even opening herself up to the possibility of love. But when a farmer is found dead, Inti knows where the town will lay blame. Unable to accept her wolves could be responsible, Inti makes a reckless decision to protect them. But if the wolves didn’t make the kill, then who did? And what will Inti do when the man she is falling for seems to be the prime suspect?</p> <p><i>Clients are welcome to dial in via landline or mobile phone.</i></p>
CONTRIBUTION:	CHSP SS clients: \$8 (includes cost of book—either hard copy and postage or e-book)
TIMES:	10am - 11:30am