



Welcome to our June/July Edition of our newsletter. By now most of you will have had your planning meetings and now be familiar with our new plans the Participant Service Agreement. Thank you for your time and thoughts when meeting with us to put down your goals and work together about the best type of support to achieve these goals. If you have not yet received your signed copy you will get it in the next week. We are also sending out new Participant Handbooks to each participant in our service so that everyone has the most up to date version.

Care has been busy preparing for the NDIS and is looking forward to the exciting times ahead. In August we will invite all families to come to some information sessions that we will be holding about the NDIS. These sessions will be held on the 9th and 11th August from 6pm—8pm. Invitations to attend will be sent out to families in the coming weeks. We encourage you to start thinking about what you would like to achieve under the NDIS or the type of supports that you may wish to purchase for example: therapies, technology or aids, Community Access, sport and recreation, accommodation support to name a few. We also strongly encourage you to get on to the NDIS website if you haven't already and have a look around.

July this year Care Goondiwindi has our Audit. This will be held on the 18th and 19th of July. The auditor will want to talk to some participants that use our service as part of their audit process so we may be in contact with some of you to ask if you would like to participate in the audit.

There is a FREE information session by a Speech Therapist and OT on Wednesday 13th July at the GTT one from 5.30PM to 6.30pm and the other one from 7pm—8pm. These look like they would be great to attend. See the ad over the page for more details.

Cheers,
Kellie and Fi

Community Garden

Care Goondiwindi now has their plot up at the Community Garden started!

Each week a group will go out and attend to the garden. This will be our community Garden Group. This group will go out during the day and look after our plot. If you would like to be involved in this activity please speak to Kellie or Fi at Care.

If you would like to get involved with the Community Garden plot after school then get in contact with us and we can arrange this on your Participant Service Agreement.

Check out the Community Garden Facebook page to see many of the exciting activities and events they run that you can be a part of.





GOONDIWINDI PARKRUN

Have you thought about doing the Goondiwindi parkrun?

Lots of fun and a great way to get fit and meet people

Do you want to have fun and get fit at the same time? Get ready Goondiwindi, parkrun (with a little 'p') Australia starts this Saturday, June 11th in Goondiwindi, and every Saturday thereafter. This is a FREE event for all, with prams and dogs on leads welcome!

Please note that the new starting point, with the support of the Goondiwindi Sport & Recreation Committee will be at the 'Skate Park' @ Riddles Oval on Lagoon Street.

To register to get timed for free every week, please go to www.parkrun.com.au and remember to print off and bring your barcode so your times can be recorded.

If you would like to be a volunteer, please 'Like' the Facebook page: 'Goondiwindi parkrun' to register your interest.

Locals and tourists alike are invited to meet at the Riddles Oval complex, parking on Lagoon Street, on Saturday June 11th at 6:45am for a 7am start, and EVERY Saturday there after!

Human Services Quality

Standards

Standard 1: Governance and Management

Standard 2: Service Access

Standard 3: Responding to Individual Need

Standard 4: Safety, Wellbeing and Rights

Standard 5: Feedback, Complaints and Appeals

Standard 6: Human Resources

HAPPY BIRTHDAY TO

FRED AND

NATHAN

who both celebrate birthdays in June

And

Claire and

Monty

who celebrate birthdays in July



Congratulations

A big congratulations go out to Monty and Nathan who both completed in the River Jam Festival this year.

We heard you both did an amazing job and that you are both extremely talented.



What you need to bring with you on a Respite/ Community Support Session

- ◆ Hat
- ◆ Water bottle
- ◆ Wear sunscreen if outside activity
- ◆ If you will be needing lunch or morning/afternoon tea then pack food or pack money to purchase food
- ◆ Any personal equipment you require for an activity such as swimming or gym
- ◆ Yourself

Want to get Fit?

Have you thought about doing a gym class at the PCYC?

Care can provide support to take you to the gym and support you during your class or session.

Contact us for more information