

## Parent and Family Newsletter Spring 2021 Edition

### Welcome to the Spring 2021 Edition of the parent, carer and family newsletter.

I'm sure at some point Spring will make its presence known! But it hasn't stopped Windarring from dusting off the cold months and adding new programs for clients to enjoy.



**Gisborne** is offering some new opportunities for clients, to their already packed program. Macrame has proven to be popular - it's lovely to see that many clients are keen to learn. They enjoy the intricacy of tying knots and seeing their creations evolve.

Another opportunity on offer is a weekly upcycling program. The clients will visit the Windarring wholesale site at Rohs Road Bendigo and learn all about recycling. The program involves collecting goods, fixing them up and sometimes selling them in the Gisborne Emporium. Overall, it is a great learning experience about the importance of protecting our environment.

Armchair travel, learning maintenance skills, dance, drama, art and pampering and other programs are available. Please talk to Marnie to find out more. You may also like to discuss more individualised programs or joining the Saturday group.

**Bendigo** has been busy establishing its Emporium. This is an opportunity for clients to do paid work in a retail setting. Bendigo now offers pottery classes at Bendigo Pottery and a gardening program.



*Michele and Paul show how Macrame is done.*

**Kyneton** is in its final stages of opening up a new art gallery at Mollison Street. This is where art therapy and other arts-based programs will be offered. All Windarring clients will have an opportunity to be involved or show (and sell if interested) their masterpieces in the gallery.

**Castlemaine** offers a varied program for clients from cooking using ingredients from the vegetable garden, retail opportunities in the Emporium, dynamic art programs to wood working. Once the weather gets warmer (and dryer) camping opportunities will again be offered. The Friday evening and weekend programs are incredibly popular with staff and clients!

Windarring has welcomed the news of mandatory vaccination for all staff working in disability support services. We are also working with families and clients to increase the vaccination rates for Windarring clients.

Thank you to everyone who worked with us to support the Gisborne site with its recent contact with an infected worker. I am very proud of all the Gisborne staff and the extra lengths they went to ensure the safety of everyone at the site. Like every Victorian we are eagerly waiting for increased vaccination rates so that we can welcome the end of lockdown. In the meantime, stay safe and contact us with any concerns or ideas.

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*Michael received his new V/line train drivers backpack today from one of the Bendigo to Melbourne line conductors, Helen.*

Michael has been eyeing off the train drivers backpacks for a few years now so many thanks to Helen for making this happen for Michael. Thank you, Phill Gamble, for going the extra mile to provide support to make all this a reality for Michael



*A great photo of one of our clients Felix enjoying his Saturday activities!*

## Footy Fever at Bendigo

On Friday 24th September 2021 a group of keen football supporters went to the Bendigo site for a day of football activities and fun! There was a football game, a competition to run or walk around the oval, a barbecue lunch, raffles and lots of opportunities to win a prize.

This is fast becoming a popular annual event!



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### Windarring Training Programs

Recently, a new training module was released on the correct way to wear a mask. The module was created as we found that there was ongoing confusion as to how to wear masks correctly. One-on-one training is available and occurs regularly to support the learning needs of the individual.

The program was developed using government guidelines.

#### How to wear a mask safely



There are ways to wear a mask safely.



1. Wash your hands before you put the mask on.



2. Only touch the ear loops or the strings on the sides of the mask as you put it on.



3. Make sure the mask covers your nose and mouth.



4. Make sure the mask fits tightly around:

- your chin
- the bridge of your nose
- the sides of your face.

### The Kyneton Football Netball Club are embracing inclusivity

A great reminder that football is an inclusive sport that is important to so many!

[You can view the video here](#)



### Client Success Stories



My name is Kate Healy

*Client Success Story - Kate and Mill End Supported Living*



It is awesome. I love it here.

*Client Success Story - Kristen and the Kyneton Copy Centre*

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#### Recipe - Spanakopita

Everyone enjoys the cooking experience and of course, eating the delicious meals they have made for their lunch. Many of the ingredients come from the vegetable garden. The clients are enjoying making more complex recipes and testing their cooking skills! Spanakopita is a Castlemaine favourite.

#### 13 Ingredients

Quarter cup (60ml) olive oil  
 1 onion, finely chopped  
 1 bunch of shallots (spring onions), finely chopped  
 2 garlic cloves, chopped  
 1.2kg of baby spinach or silver beet  
 2 tablespoons of chopped dill  
 250g of feta cheese, crumbled  
 150g full fat ricotta cheese  
 3 tablespoons of kefalotyri cheese or parmesan cheese  
 4 eggs, lightly beaten  
 Half teaspoon grated nutmeg  
 12 sheets filo pastry  
 120g salted butter, melted

#### Method

Step 1: heat oil in a frypan, then add onion, shallots and garlic. Cook for one minute until softened, then add spinach and half the dill. (If using silver beet, remove leaves and chop before adding; put stalks in the compost bin). Cook stirring over low heat for one to two minutes or until spinach has wilted. Drain a colander and cool, then combine with cheeses, egg, nutmeg and salt and pepper to taste.

Step 2: Preheat oven to 180°C. Brush two and a half litre baking dish with butter. Lay one sheet of filo pastry on base and sides and brush with butter. Repeat with five more sheets. Spread cheese mixture over top. Cover with remaining filo pastry, brushing each sheet with butter. Trim excess pastry with kitchen scissors and tuck edges into side of dish. Brush top with butter and score with diamonds patterns.

Step 3: Bake for 45 minutes until golden. Rest for 10 minutes. Warm remaining butter, add remaining dill and pour over the top.

Recipe sourced from Taste Magazine [www.taste.com.au/recipes](http://www.taste.com.au/recipes)



*Preparing the ingredients*



*Shane and Finn proudly showing off the finished recipe.*

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### Swan Hill 2021

#### A Report from Janine Purvis

Friday 24th September – Sunday 26th September 2021

#### A little pre-holiday story

##### Boy was this a tough gig to get going!

Carole, Sue and Gabrielle were looking forward to this mini break after suffering so many other cancellations due to Lockdown. The lovely Rachel booked our accommodation.

We were meant to leave at 9am on Friday, but... low and behold two clients and I got caught up in the Tier-2 Covid sites.

We were all tested on Tuesday morning. My test came back midday on Thursday.

I spent a lot of time trying to chase up the results for Carole and Sue.

Rachel had to contact the accommodation and ask if they could hold our rooms until 12pm as we still had no results at 5.30pm Thursday. The owners were kind enough to accommodate Rachel's request.

Friday morning, I started work. Both clients were stressed about no results. I get on the phone to three different labs... no luck!

Sue Jones starts to lose it.

She goes to her room and 10 minutes later she comes out with the phone to her ear.

"Hay Neen, I got it, I got it," she yells.

I ask, "What do you mean?" She gives me the phone. I say "Hello" and the lady replied, "Hi, I'm from the department of health."

She then confirms with me that both ladies' results are negative... whoo hoo! I look at my watch - 11.54am. Just 6 minutes short of our accommodation being cancelled. I quickly call the accommodation to say we are coming.

Let me tell you, if Sue Jones becomes determined, she can shift heaven and earth to get what she wants. I tried everything and got nowhere.

Oh, how I loved Sue's determination.

Oh, and did we hear from Sue about how good she is, all the way to Swan Hill.

**We finally arrived in Swan Hill in the afternoon on Friday 24th September 2021!**

**Accommodation, meals and dessert! After all the trials we deserved it!**





OPPORTUNITIES FOR LIFE

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### Saturday 25th September 2021

Sue, Carole and Gabrielle decided they needed some retail therapy.

The ladies had a one-hour massage each... I'm sitting in the car dreaming of a massage

After all the pampering it was time to see the Pioneer Village.



**OLD FASHIONED TRANSPORT**

### The Swan Hill Light Show

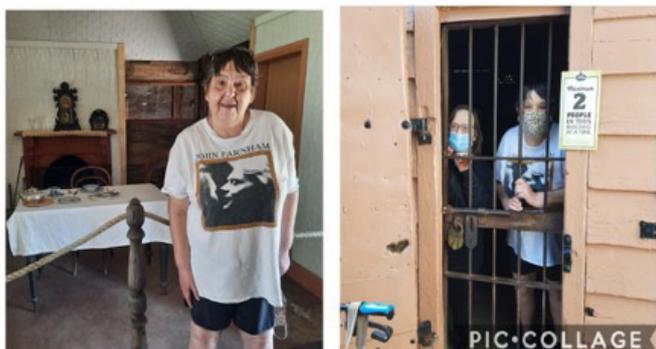
Using water, light, laser, sound and special effects the show tells the story of the Murray, it transports you back 30 million years, before travelling forward through time to the Murray River as we know it today.

This state-of-the-art show is the first of its kind in the world to use a natural river environment and setting as the background.

We were all stunned with the beauty. The sun sets into the Mallee landscape, highlighting the bright twinkling southern stars and river red gum trees as the perfect backdrop.



*early pioneer life*



PIC-COLLAGE



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#### Latest information about COVID-19 vaccinations



#### Book your COVID-19 vaccine

- The NDIA has partnered with the Pharmacy Guild of Australia to make it easier for NDIS participants to book and access the Moderna or AstraZeneca COVID-19 vaccines at local pharmacies: [find your nearest pharmacy to book an appointment](#).
- [Vaccination hubs for people with disability and support workers](#)
- [Vaccine Clinic Finder](#)
- National Coronavirus and COVID-19 Vaccination Helpline on 1800 020 080.
- People with disability can also get help to book a COVID-19 vaccine from the [Disability Gateway](#) or phone 1800 643 787.
- Book your vaccine [brochure for businesses](#) to share with employees plus other [resources](#).

#### COVID-19 vaccine information from the Department of Health

- [Information for disability service providers](#)
  - [COVID-19 vaccination disability provider kit](#) – resources to help promote the vaccine to employees
  - [Obtaining informed consent for COVID-19 vaccination](#)
  - [Disability provider alerts](#)
- [Information for disability workers](#)
- [Information for people with disability](#)
- recording of the webinar on 1 September with [information for people with intellectual disability](#) about getting the COVID-19 vaccine
- [Auslan videos](#)
- [Materials for Aboriginal and Torres Strait Islander people](#)

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### Latest information about COVID-19 vaccinations

#### Victoria

#### Victorian Government requirements for vaccination of disability workers

The Premier of Victoria has announced that authorised workers require the COVID-19 vaccination to work onsite in Victoria.

Employers must:

- collect and record information about worker vaccination status including bookings.
- hold vaccination information about any disability workers that are working or may work onsite from 15 October.
- ensure unvaccinated workers do not work at any location other than their own home from 15 October unless the worker has a booking to receive their first dose of a COVID-19 vaccine by 22 October.

The vaccine first dose deadline is 22 October. The second dose deadline is 26 November.

The authorised worker list includes people who perform work that is essential for the continued operation of disability care and production and distribution of disability equipment.

This includes carers working in:

- a disability residential service
- services provided to an NDIS participant in any setting
- an eligible SDA enrolled dwelling
- a short-term accommodation and assistance dwelling.

More information for industry and workers required to be vaccinated in Victoria.

Vaccine clinics for people with disability in Victoria

- Vaccination support services and centres with enhanced accessibility for people with disability in Victoria.
- Vaccination at home for eligible Victorians including people with moderate to severe disability and their carers.

Community  
Participation  
Supported  
Living  
Employment  
Pathways

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