

## Parent and Family Newsletter

Autumn 2022 Edition

### Windarring Art Activities

Windarring clients have excitedly immersed themselves in various art activities. It has been interesting to see the various projects each site has been involved in. We are encouraging people with a disability to tell us what they want to do to advance disability in the arts.

Our aim is to encourage people who want to pursue their dream of being an artist and to provide them with the tools to make this a reality. We know that being an artist is a hard road to travel and that having a disability adds extra layers of resilience and fortitude to this, so we give support by connecting our clients with like minds primarily through the networks we are creating.

Windarring now has a Gallery set up in Mollison Street Kyneton (co-located with the Kyneton Copy Centre) and it showcases the works of some of our very prolific artists. The aim of the Gallery is not only to showcase local talent but to provide an opportunity for people to sell their works. It's been terrific to set up the Gallery because we have welcomed artists from other Windarring sites to be involved.

The mural below was painted by a team at Castlemaine led by our wonderful artist and disability support worker Jakob Schmitt. The goal of painting the mural was to encourage people to try new skills. Every Monday, clients are encouraged to try something they have never before attempted. The mural shows some of the main buildings in Castlemaine and features a few favourite superheros zooming around Castlemaine!

Jakob, Joe, James, Finn and Shane.



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### The creations are as varied as the people creating the works.

Gisborne has partnered with the Learn Local to enable clients to learn pottery.



Learning new pottery skills



Marnie learning slab making in her pottery class



Nick has really enjoyed pottery.



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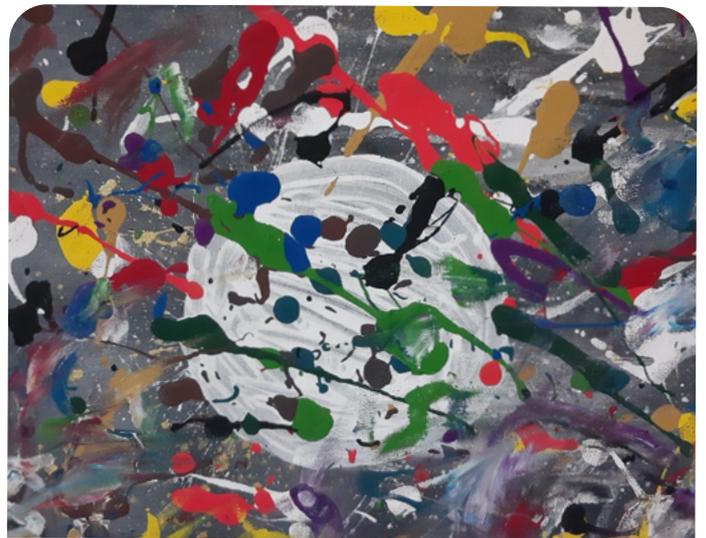
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### Supported Living art projects

Clients living in the Supported Living units enjoy working together on art projects. Katy and Claire share a unit and a shared interest in creating. Kate lives next door and catches up with the other artists.



Claire enjoys realism



Katy expressing her feelings through art



Kate Healy's masterpiece

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MIND Australia supports people experiencing mental health and wellbeing concerns to find help, hope and purpose in their lives.

MIND provides respite and support services to carers. The relatives and friends of people living with mental ill-health can be helpful partners in both their care and recovery.

Of course, carers have their own needs, including information to support them in their caring role and about maintaining their own health and wellbeing.

If you are caring for someone with a mental illness and need support, call our Carer Helpline on 1300 554 660.

MIND have set up a carers program in Bendigo. They organise group outings, programs and workshops for carers. If this sounds like something you could be interested in please call:

Louise Osland Carer Program Facilitator MIND Australia, Bendigo

Mobile: 0499 553 597

## All Abilities Getaways

In 2022, many clients have been on amazing Getaways. By June we will have helped clients to have Getaways to Apollo Bay, Warrnambool, Port Fairy, Axedale, Bendigo Easter Festival, Melbourne International Garden and Flower Show, Halls Gap, and the Sunshine Coast.

One of the favourite Getaways was to Halls Gap.

<https://www.windarring.org.au/wp-content/uploads/2022/04/Halls-Gap-Getaway-Booklet-Web.pdf>

The Grampians National Park have developed all abilities tracks and trail rider areas. Parks Victoria is working to increase the range of experiences in nature for people with disabilities. Whether a person is in a wheelchair, uses a walking frame or using an All-Terrain Trail Rider wheelchair there are lots of access options.

If you want to know more about booking a Getaway, please speak to the Team leader at your site or Rachel Murphy the Getaways Coordinator at: [rmurphy@windarring.org.au](mailto:rmurphy@windarring.org.au)

