

CHOICE
SUPPORT SERVICE
JOURNEY TO WELLNESS

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Choice Support Service Inc.

In Perspective



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Newsletter Team

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Newsletter Meetings

The newsletter team welcomes your contributions and articles. You can place articles in the tray near Sonya's desk or come along to Newsletter team meetings on Monday's at 10:00am with your ideas, photos, stories, recipes and thoughts!

COLOUR, COLOUR, COLOUR, COLOUR, COLOUR, COLOUR

In this edition of "In Perspective" our theme is COLOUR! In celebration of spring and the profusion of colour all around us. The jacarandas are magnificently purple, the frangipani's are delicately creamy, the bougainvilleas are outrageously pink and the sunsets are astonishing!



PINK is the universal colour of love. Pink is a quiet colour and pink carnations and pink roses can mean I love you.

Did you know semi-precious pink gemstones such as Rose Quartz, Amethyst, Pink Opal, Chalcedony, Pink Sapphire and Rhodonite can promote love, self worth, order and protection from violence or aggression. Carry these stones with you or place them around the house to bring love and beauty.

By Jessie



From the staff team at Choice ... we wish you all a Merry Christmas and a wonderful New Year.

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The connection between diet and depression

Dr T.N Akbaraly recently published an article in the British Journal of Psychiatry (2009) about the link between diet and depression. Dr. Akbaraly found that eating a diet made up of processed foods was a definite risk factor for depression, whereas a diet made up of whole food protects people from developing depression.

Starting a whole food diet

One of the best pieces of advice I ever read about embarking on a healthy lifestyle,

eating well and losing weight was to only shop around the edges of the supermarket!!! When you think about it this is where the fruit and vegetables and meats are ... in fact I never need to go into any of the other isles in the supermarket because that is where all the lifeless, over-processed foods full of sugars, salt, unhealthy carbohydrates and fats all live. I don't buy cans of processed food or pre-baked products or

boxes of anything—no cookies or pasta, no soft drinks or cordials, no pre-prepared meals or frozen foods, no bread or pizza. Instead I buy fresh vegetables, eggs, fruit, fish, meat, herbs and tofu, some diary products and some rice. Oats for breakfast with fruit. The amazing thing about eating a fresh whole food healthy diet is that it is cheaper than buying processed foods. Try it and see!

Notes from Merv—Participant Representative

A big thank you to all participants who attended the Strategic Planning Day held at Choice on Friday 20th November. It was a very hot day to be working so hard at considering operational plans and organisational strategy but we got there in the end!

Many thanks also to participants who have assisted with the recent policy review process.

If you would like to indicate your preference for which of the proposed sign options for the building come and have a look at the alternatives.

Wishing all the staff and participants a very Merry Christmas and a safe New Year. All the best ...
Merv



Merry Christmas

Participants Christmas Party
Wednesday 9th December 2009
30 Lady Mary Terrace, Gympie



Commencing at 10:00am til 3:00pm

Musical entertainment by **guest artists** and the singing group. Come along and swim in the **pool**, be part of the staff vs. participants **volley ball** match and enjoy the loads of delicious **Christmas food!**

If you are a Choice **Participant** register now, the Christmas Party is **free** for participants to attend, but we do need to know numbers to help with catering. Put your name on the list or ring Karen on 54821805 to let us know if you are coming.

“The annual Choice Participants Christmas Party Will be held at Lady Mary Terrace on Wednesday 9th December”

Friends and Family Open Day Lunch

On **Thursday 10th December** Our regular Thursday Lunch will be an opportunity for participants and their friends and family to join us . Please invite your friends and family to come along for a lovely Xmas theme lunch. Friends and family can look around the building and have a swim in the pool and enjoy each others company.

The **Friends and Family** Open Day lunch is **free** to attend, but we do need to know numbers to help with catering. Put your name and the number of guests you are bringing on the list or ring Karen on 54821805 to let us know.

“Never look down to test the ground before taking your next step: only he who keeps his eye fixed on the far horizon will find his right road.”

Dog Manmorak Jold

Participant Evaluation Surveys

Participant evaluation surveys are attached to the newsletter this month. Please take a few minutes to complete the form and give us your valuable feedback.

Just ask a Support Worker if you need some assistance completing the form.

Please return your completed forms to reception before 24th December 2009 or mail to PO Box 881 Gympie Q. 4570

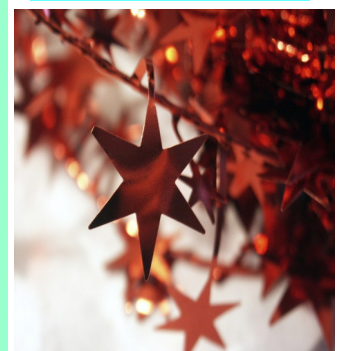
Thank you!

To any and all participants

G'Day, my name is Luke and I first came to Choice about 2 ½ years ago. When I first came to Choice I was withdrawn, isolated and had no confidence in my judgement or in myself. Fiona was “the boss” then and she always encouraged me and I was guided positively and over months I came out of my shell.

I say to anyone who doesn't know about Choice to just come along and see what it's all about. People DO care here and are always friendly. It might just change your life like it did mine.

Today, I don't know what I would do without Choice and all its support over the last years. Thanks guys!
Luke



Choice Open Day and Mental Health Week Celebrations

The Choice Open Day and Mental Health Week celebration was a great success with over 150 people attending and enjoying the music, games, food and the time capsule ceremony. The Choice building was officially opened and a plaque unveiled by the Parliamentary Secretary for Disability and Multicultural Affairs—Julie Attwood. The official opening of the building celebrates the completion of the renovation of the historic house

at 30 Lady Mary Terrace. The restoration project has transformed the building into a wonderful premises for Choice Support Service. There are numerous offices for the staff team and multifunction rooms and areas for participant activities, meetings and an impressive kitchen which is regularly used to create wonderful Thursday lunches and to cater for meetings and events.

Many thanks to all the participants and staff who worked tirelessly to ensure

the Open Day was a great success and many thanks to Choice supporters who assisted on the day—Gympie Mayor Ron Dyne, Gympie Councillor Rae Gate, Member for Gympie David Gibson, Gordon Browning and The Choice Singers.



Left: Gordon Browning playing didgeridoo at the welcome to country. Middle: Gympie Mayor Ron Dyne and HR Manager Robyn Phillips filling the time capsules ready for sealing. Above: Dianne helping with the preparation of the delicious food.

Holiday Closing Times

Choice will be Closed for the week between Christmas and new year.

Friday 25th December—Closed

Monday 28th December—Closed

Tuesday 29th December—Closed

Wednesday 30th December—Closed

Thursday 31st December—Closed

Friday 1st January—Closed

Open again on Monday 4th January

Recipe Corner

Sticky Date Pudding

by Kath

- 60 g butter softened
- 3/4 cup of sugar
- 2 eggs
- 1 1/4 cups of chopped pitted dates
- 1 cup of water
- 1 teaspoon bicarbonate soda
- 1 1/2 cups of self-raising flour, sifted

Caramel Sauce

- 125 g butter
- 1/2 cup brown sugar
- 300 ml cream

Cream butter and sugar until light and fluffy. Add the eggs one at a time beating well after each addition.

Combine the dates and water in a saucepan. Bring to the boil. Stir in soda. Remove from heat, continue stirring until dissolved.

Fold flour into the creamed mixture then add the date mixture. Pour into a greased and lined 6-cup oven proof casserole dish.

Bake in a moderate slow over at 160C for 45-50 minutes or until a skewer inserted in the middle comes out clean and dry.

Make the caramel sauce by melting butter and sugar over a low heat, stir in the cream. Bring to the boil stirring.

The caramel sauce is now ready to pour over slices of delicious sticky date pudding.



Job Club

JOB CLUB – BY AMANDA

Are you interested in getting a job? Part-time or full-time? Attending a course at TAFE? You will learn good interview techniques and what you can do or say to improve your chances of getting a job.

Job Club will look at all of these things with you.

It is on Tuesdays from 12.30 – 2pm.

See you there.

Job Club is facilitated by Andrea. Choice participants can get help and direction towards employment/training. Every person attending has their own individual needs and barriers assessed and employment or training options identified to suit their particular needs.

Job Club networks with organisations such as TAFE, Job Networks, Training Organisations and employers. You may also be able to access Community Job Plan Projects. All of these avenues will be utilized and monitored to help best achieve your personal goals.

Indigenous Women's Camp

Ginmurungari

Ginmurungari means women working together. In September Jessie attended the camp which brought together aboriginal and non-aboriginal women to work together around cultural and spiritual healing.

Each day began at 6 am with a dreaming circle led by Auntie Jenny Thompson who helped the group talk about the night's dreams and in turn share their experiences of the spirits and spiritual.

During the day the group collected

firewood, went on bushwalks and identified animal tracks and bush food.

The group of women also drew and painted and learned language songs and were given a totem. There was opportunity to do some traditional dancing, make grass skirts and make a walking stick and each woman made her own dance stick.

By Jessie



Choice Staff Team

Some new faces!!



Amanda Bailey — Quality Officer

We are farewelling Paul Dodd from the QA role and welcoming Amanda who is busy with all the tasks needed to be completed for audit compliance. Amanda's favourite colours are teal, burgundy and purple. Amanda currently lives on the Sunshine Coast, most of her family live in or around

Gympie. She has just spent 4.5 years studying at USC, completing a B.A. in November 2008. She enjoys outdoor activities such as bush walking, cycling, rock climbing, sailing and soon will be learning how to surf!

We will still see Paul at Friday music!!!!



Karen Searle—Reception

Karen's favourite colour is lilac. Karen enjoys the serenity of a beach, the smell of a rainforest and the landscape of a desert. I love my work and care about all who surround me. I love art and craft, being creative, cooking and sharing time with family and friends.



Charlie Rush—Student

Charlie has joined the Choice team for a few months as a student on placement. Charlie is doing a Cert III Community Services. He is interested in meeting everyone and learning all about Choice.

Charlie and his partner have been in the Gympie region for five years, he has three grandchildren and his favourite colour is red.

He also owns a Fender Strat and has played in garage bands, although he says his guitar playing is a bit rusty, I'm sure we can get him to play!

Feature Interview with a Participant

In this interview Jessie speaks with Choice participant Amanda B

What do you enjoy most about coming to Choice?

The friends I have made and the support I receive from everyone.

What is your favourite activity at Choice?

My favourite activity at Choice is the singing group.

Where did you grow up?

I grew up in a small town called Dorrigo and at the age of 13 our family made the big move to Gympie.

What are your hobbies and interests?

I enjoy singing and swimming in the pool.

What is your favourite food?

That is an easy question to answer—CHOCOLATE (Yummmmmmy).

Do you have plans for Christmas?

I will be travelling to North Lakes near Brisbane to spend a few days with my sister and her family.

What is your favourite colour and why?

My favourite colour is purple and all the different shades of this colour. I think it is a very serene colour.

Your favourite movie?

My favourite movie is Mama Mia.

What makes you happy?

I enjoy living life, spending time with good friends and coming to Choice

What is your favourite band/singer?

Without a doubt—ABBA!



30 Lady Mary Terrace—final stage of renovation project, October 2009

cause over-impulsivity.

GREEN helps overcome fear, calms the body and releases frustration and anger and helps to bring harmony into any situation and can assist to make wise decisions and choices.

BLUE creates a sense of tranquillity, serenity and peace, helps to calm nerves and can lead people to the truth and a connection to the divine. It is good for cooling and protecting.

ORANGE assists in overcoming fear and loneliness' and can assist people to bond in relationships and learn to give and receive love and helps to deal with

loss, grief and shock.

YELLOW can help you let go of negative patterns from the past and can bring happiness and laughter and inner strength. It helps with decision making and boosting memory and clearer focus and can inspire new ideas!!!

Indigenous Meanings of Colour



Aunty Jenny Thompson spoke with Jessie about the meaning of colour from an indigenous perspective. **RED** contains unlimited energy heat and power. It is a powerful healing agent for treating blood disorders and can assist in releasing depression and hopelessness and restore physical vitality. Too much red however can

