

ARTICLES

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- Welcome to new staff at Choice

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In Perspective

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Opening Party Saturday October 10th!

The Grand Opening Party! Choice Support Service will officially open the new premises on Saturday 10th October. Everyone is welcome to come along to see the result of all the hard work in restoring the house to its former glory and creating a fabulous space for the activities and programs which Choice offers. The house is finished and its time to celebrate and what better time than World Mental Health Day Saturday October 10th. The program for the day includes;

- 10:00 Welcome to Country
- 10:30 Games and activities on the lawn. Tours of the historic building, Displays of Craft & Art Auction,
- Drumming and Music.
- 11:15 Photo Display and History of the House. Opened by Member for Gympie David Gibson MP
- 11:30 FREE LUNCH—sausage



“Penvearn House” 30 Lady Mary Terrace

- sizzle and fresh home made nibbles
- Time capsule ceremony - Gympie Regional Council Mayor Ron Dyne officiating
- Official opening by Julie Attwood MP Parliamentary Secretary for Disability and Multicultural Affairs presiding on behalf

of the Honourable Minister Annastacia Palaszczuk MP, Minister for Disability Services and Multicultural Affairs

- 1:30 The Choice Singers
- We look forward to seeing you at the opening. To help us plan the catering please RSVP to (07)5482 1805 or email admin@choice.org.au

Christmas Party Wednesday December 9th

This year the Christmas Party location will be either at Inskip Point or at Choice at Lady Mary Terrace. So far the votes for the location are tied. So if you haven't voted yet let Andrea know as soon as possible.

It will be a great day with lots of yummy food, music, swimming, relaxing and enjoying each others

company. I wonderful end to the year and a time to celebrate friendships, achievements and camaraderie between everyone at Choice.

We look forward to your input into the planning for the Christmas Party to make sure it is a day to be enjoyed by all.

Our next newsletter will have more

information about the Christmas Party ... so keep an eye out for it ...



Choice Annual General Meeting

Management Committee members are volunteers who are elected annually at the Annual General Meeting of all members of the Choice Support Service Inc association. Any interested member of the community who is willing to support the furtherance of the aims and objectives of Choice can become a member of the association by completing the application form and paying the \$2.00 annual membership fee.

The 2009 Annual General Meeting was held on Thursday September 17th. Members of the Association farewelled the outgoing committee and thanked them for their hard work. Particular thanks are due to the outgoing Participant Representa-

tative Janey Sowah and a hearty welcome to the new Participant Representative – Merv Jurd.

Previous Committee members Ken Meldrum and Kev Irlie were nominated for the positions of President and Vice-President/Secretary for the 2009/2010 year. New members to the Management Committee include Steve Novak – Treasurer and Keith Davis, David Allard and Mary Couche.

Congratulations to the new committee.

The Management Committee has a key role in the management and continued operation of the Choice Support Service. As stewards they

are responsible for ensuring organisational vision, values and objectives are achieved as well as ensuring all fiduciary, legal and regulatory compliance is realized within the spirit of the constitution and funding agreements with government departments.

The Committee ensures adequate resources are a foremost responsibility by raising funds and securing grants and to meet accountability obligations and by managing public funds in a responsible and prudent manner. The Committee also monitors the organisations programs and services to ensure consistency with Choice's mission and effectiveness of results.

"I am at peace with my past. I choose to release the past now. I move forward by letting go of the past. I choose to forgive myself and others. I am grateful and happy to experience new joys in life."

Diane's Feelings about Choice

I have been at Choice for almost four years at Nash Street and now at Lady Mary Terrace.

The staff at Choice have always been very helpful and supportive.

During this time I have seen many changes, the new kitchen is larger and is of commercial kitchen standards. The numbers of participants and staff have increased and there have been a number of staff changes.

It is always sad to say farewell to

staff who we have come to know well, however the new staff are hard workers and eventually grow on us and become good friends.

I thank them for everything and love you all!

Diane Haworth



Amanda's Water Aerobics



Water Aerobics & Swimming

It's getting hot so why don't you come to Choice Support Service for a swim - bring your swimmers and towel and sunscreen for a refreshing dip in the pool - see you there.

We are hoping to start water aerobics in the pool again this year. We will let you know when.

See Amanda or Merv at Choice Support Service or ring the office on 5482 1805

So have a good swim !
Amanda Berglin

IN PERSPECTIVE

Peer Support Program



Sonya Strathdee
Peer Support Program Coordinator

Welcome everyone to our latest Newsletter. We are happy to be able to once again keep you up to date with "What's Happening" at Choice. This is

a great opportunity for any of you to submit any work or ideas that you would like to share with your fellow participants. As most of you may know, Sonya is away on holidays at the moment and will be back after the school holidays. Daniel has started as a new support worker in the Peer Support Program whilst Sonya is away and is enjoying being part of the Peer Support Program. We are all looking forward to our Grand Opening Day on October the 10th and our Christmas party on December the 9th. Everyone is invited to come along and enjoy these days.

We are planning two new support activities — Self Esteem/Job Club and

Habits Group. The new groups will begin in October/November, we will let everyone know the exact dates and the program. We are really excited about the new groups and the positive effect that these will have on your life. More details on each activity will soon be available to you.

We are also planning movie afternoon at the Cinema and Ten Pin Bowling, register your interest now!



Andrea Kelynack
Peer Support Program Support Worker

"Don't eat too many takeaways and get plenty of exercise."

Diabetes by Amanda

Are you a bit over weight? You might have Diabetes. So you should go and see your Doctor. He (or she) will organize for you to have a blood test. If you have Diabetes your Doctor will make a plan for you and start you on medication and show you how to use a blood glucose machine. You can also visit the Diabetic Educator at the hospital. They sometimes have a course that you can attend at the

hospital so you can find out more about Type 2 Diabetes and Type 1 Diabetes. Type 2 diabetes results from a combination of genetic and environmental factors. Although there is a strong genetic predisposition, the risk is greatly increased when associated with lifestyle factors such as high blood pressure, overweight or obesity, insufficient physical activity, poor diet and the classic 'apple shape' body where

extra weight is carried around the waist.

Diabetes is a complex chronic disease which can affect the entire body. For our bodies to work properly we need to convert glucose (from sugar) into energy. A hormone called insulin is essential for the conversion of sugar into energy. In people with diabetes insulin is no longer produced or not in sufficient amounts.

Eating well and exercising are important components to managing Type II diabetes.

You can get more information from

Diabetes Australia:

<http://www.diabetesaustralia.com.au/>

Maroochydore Shopping Trip

The recent trip to Maroochydore happened to be a perfect spring day. Everyone had a wonderful time.

The next group excursion will be on Monday 28th October to Boolumba Creek near Kenilworth. We plan to spend all day swimming, eating and enjoying the lovely bush-

walks and scenery. Bring a BBQ lunch, swimmers and sunscreen for a relaxed day.

Cost is \$5.00

Book early.

If you need to cancel your booking please call and let us know.

The Group at Maroochydore by the river



Opening Day Information

Merv Jurd — Participant Representative, Management Committee

The opening day for the Choice house is progressing steadily and the day itself should be a raring success with all of you to help out. However, there are still things that we desperately need people to do.

1. We would like letters or poems from the participants to put in the time capsule which will be opened in 25 years time.
2. We need volunteers for the morning, to help to set up and then again later in the afternoon to take things down again. I will be speaking with people over the next few weeks and taking their names and allocating jobs that need doing. If you do put your name down for this we need you to make sure that you are available and if not to let me know in advance so that someone else can be allocated your job.
3. The invitations for the day have been sent out and if you have not received one by next Thursday lunch please let me know so we can rectify the situation.
4. There will be an art auction on the day and if you wish to donate any items for this, could you see Laura or myself as soon as possible.
5. I would also like to thank all the people that have already helped on the working bees as the house is really starting to look fantastic, and hope that you will continue to support our Choice Support Service.

If you have any questions about the Opening Day or any other matter please come and see me. As your participant Representative to Choice I will try to answer any questions that you may have.



Photo: Merv and Diane

Andrea's Boiled Fruit Cake!!!



Participant Advisory Group P.A.G

The Participant Advisory Group (PAG) is a forum for all participants to be involved in planning activities and having input into what happens at Choice. All participants are welcome to get connected and become actively involved. The PAG group meets on the 3rd Monday of every month at 10:00am. The next meeting will be on the 19th October at 10:00am in the Board Room—see you there.

Favourite Recipes from Thursday Lunch

ANDREA'S BOILED FRUIT CAKE

1 small packet of mixed dried fruit
1 1/2 cups of self raising flour
1/4 cup of coffee
3/4 cup of brown sugar
3 eggs
4 oz/125grams butter
Spices – ginger, nutmeg

Place contents of mixed fruit into medium sized sauce pan and cover with water. Add coffee and bring to the boil on stove. Reduce to a simmer for about 20 minutes until fruit is soft. Turn off heat and add butter and brown sugar and then leave somewhere to cool to room temperature. When cool beat in the eggs and stir in flour. Pour mixture into 20 cm round tin that has been greased. Place into moderate oven 170°C and bake until golden brown and test middle to make sure its cooked all of the way through. Turn onto rack to cool.

CHINESE MINCE (ANDREA'S STYLE)

1 kg mince
3 carrots
1 onion
4 sticks of celery
1 capsicum
1/2 cabbage
1 1/2 tbsp Keens Curry Powder
3 packets of 2 minute noodles

Brown mince in frypan with only a little oil. Whilst mince is browning slice and chop all vegies Chinese style.

When mince is brown and vegies are chopped add vegies to mince and fry off a little until vegies are starting to soften. Add one cup of water with curry stirred in. Break noodles up and add to mince with the flavouring. Let simmer rapidly until noodles are cooked and most of the water has cooked off. Add three or four cups of shredded cabbage place on top of mince (don't stir the cabbage in yet). Let cook for another 2 or 3 minutes and then turn off heat. Leave dish sit for about 10 minutes then stir cabbage through and then it is ready to serve.

LEMON CHEESECAKE (Robyn's)

2 1/2 Cups of biscuit crumbs
125g Melted butter

250g Cream Cheese (softened to room temperature)
1/2 cup Sugar
1/4 cup Lemon juice
1 1/2 teaspoons Grated lemon rind
1/2 cup Milk
1 tablespoon Gelatin (dissolved in 1/4 cup hot water)
1 cup Cream lightly whipped.

Combine biscuit crumbs and melted butter and press on to the bottom and sides of a greased 23cm spring-form tin. Chill the base while you are making the filling.

Beat softened cream cheese until smooth, add sugar, lemon juice, lemon rind, milk and dissolved gelatin. Mix well and then fold in cream. Pour into prepared crumb crust and chill. Decorate with your favourite in season fruit.

Weekly Activities
Peer Support Open Hours
10:00 am — 3:00 pm Monday to Thursday
10:00 am — 1:00 pm Fridays

Date/Time	Event	Location
Monday		
11:00 - 12:00	Healthy Living	Choice
2:00 - 3:00	Karoke	Choice
2:00 - 3:00	Garden Club or Bowling or Cinema	
Tuesday		
10:30 - 1:30	Glasswork Class with Jenny \$2	Choice
3:30 - 5:00	Youth Pathways	Choice
Wednesday		
11:00 - 12:30	Billiards	RSL Club
11:30 - 12:30	Grocery Shopping	Supermarket/s
1:00	Movie at Choice	Choice
Thursday		
10:00 - 12:00	Food Preparation for Lunch	Choice
10:00 - 12:00	Art/Craft with Laura \$2	Choice
11:00 - 12:00	Singing with Karen De Vere \$4	Choice
12:30	Group Lunch Served	On deck at Choice
Friday		
9:00	Foodbank	
11:00	Music Jam	
00/00/00	event description	more information

Peer Support Program

This year has seen the Peer Support Programme (formerly 'Drop In' – yes we have a new name!) grow and mould with the new building. Many new methods of doing things in Peer Support have been developed with the move to our new premises and Participants have shown tremendous patience this year in accepting and adapting to the changes.

As anyone renovating will tell you, the job list can seem endless and we have come to accept building materials and trades people as part of our landscape. We encourage each other to see the big picture (and what a beautiful picture that is!) and, despite the challenges, the Peer Support Programme has consistently offered a safe, non-judgmental place to be - if needed.

Activities have seen some changes also with new groups commencing and some 'old faithfuls' maintaining strength (*glasswork and craft groups consistently churn out masterpieces whilst providing a relaxed and nurturing social network for many*) and some groups proving to be no longer needed.

The gym equipment has proved popular since assembly and the library seems to be attracting more attention since relocation to the Lotus Room.

Music Group now has amplification equipment and each Friday sees the lounge filled with plenty of self-expression.

Having performed over 20 times and having made huge achievements in coping with anxiety the Singing group has refocused their goals around technique and have, with the professional guidance of Karyn de Vere been working on individual pieces in the latter part of the year.

The new Youth programme "Doorways" has commenced this year with seven young people attending each week.

Outings have been consistently well attended this year with many enjoyable, relaxing memories to cherish. Bellingham Maze I think was by far our most challenging of outings and those in attendance should be very proud of the way they handled the pressure of not only finding the middle but finding the bloomin' way out!!!

Perhaps the highlight of the peer Support year has been the addition of Andrea as a part-time support worker in the Peer Support Programme. Welcome aboard Andrea, and we all look



The Choice Singers



Gardening



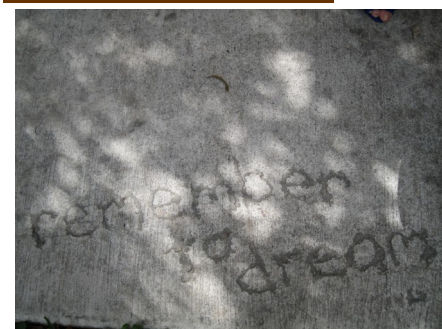
Before and after photos of the herb and vege garden!

The gardens at Choice are looking lovely as the beautiful spring weather has encouraged the flowers. Phil (Choice's wonderful maintenance and grounds person) and an energetic group of gardeners have been working hard to clean up the grounds, remove rubbish and left over building materials, prepare the gardens and plant hundreds of trees. The new lawn arrived and it was all hands on deck to lay it and keep it watered. We now have a wonderful games area for croquet, badminton, bocce and picnics. As well as the herb and vege garden by the car park there is now a new lower terrace area for a much larger vegetable garden to start—the market garden!

If you are interested in gardening and want to get involved in the new garden project let Sonya, Andrea or Dan know and come along and start growing!



Phil Rentz
Maintenance and Grounds



Youth Doorways

Mike Donaldson Youth Doorways Program Support Worker

The Youth Program is an early intervention program supporting young people 13 – 18 years who are at risk of developing a mental illness.

Activities are fun and creative, whilst at the same time educational, relevant and practical in relation to Mental Health issues.



"Recovery is a way of life, an attitude, and a way of approaching the day's challenges. It is not a perfectly linear process. At times our course is erratic and we falter, slide back, regroup and start again."

Food for thought – how diet can help your mental health

Most people are aware that a healthy diet is important in order to reduce the risk of heart disease, diabetes, obesity and other common physical problems.

However there is much research that also suggests that good nutrition is just as important for our mental health and that a number of conditions, including depression, may be influenced by dietary factors.

The Choice Support Staff Team

There are a lot of new faces at Choice!



Cyd Kelly Team Leader



Steve Higgs Senior Support Worker



Gordon Jeffrey Senior Support Worker



Lindsay White Support Worker



Jenny Scott Support Worker



Laura Catto Support Worker

Min Austen Support Worker



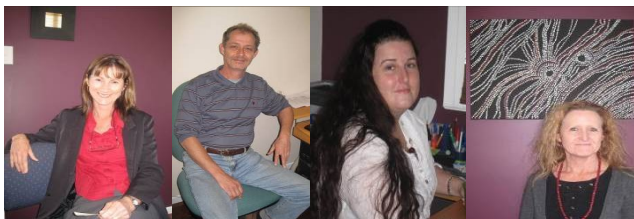
Michelle McCaul Support Worker



Nette Williams Support Worker



The Management Team



Robyn Phillips
Human Resources
Manager

Paul Dodd
Quality Officer

Yaana Tansey
Financial
Administrator

Sandra Phoenix
Programs Manager



Mental Health Week 4-10th October



The Official Launch of Mental Health Week is on Sunday 4th October at Cotton Tree Park, The Esplanade, Maroochydore at the Fusion Festival. Starts at 12 noon and finishes at 7:30pm with an action packed program of events and activities.

**“Be active, get connected,
stay involved”**

<http://www.thefusionfestival.com>

The festival program is packed with circus, dance, comedy, yoga, healthy food, battle of the bands and lots of fun

Mental Health Week is an annual national awareness event held in October every year. The aim is to raise awareness of the importance of mental health and wellbeing in the wider community, to increase community awareness and education about mental health issues and to encourage participation in life enhancing lifestyles.



The work of Choice Support Service is supported through funding received from, Disability Services Queensland (DSQ)

making a difference for people with a disability



Disability, Home and Community Care, and Community Mental Health Services

Be active, get connected, stay involved



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