



Emergency on call
phone 0448 472 007

Summer 2021 newsletter



We would like to express a big thank you to everyone for using our services this year.

It has been another year of constant change and challenges. But we hope we have been able to offer support to everyone in the Headway community.

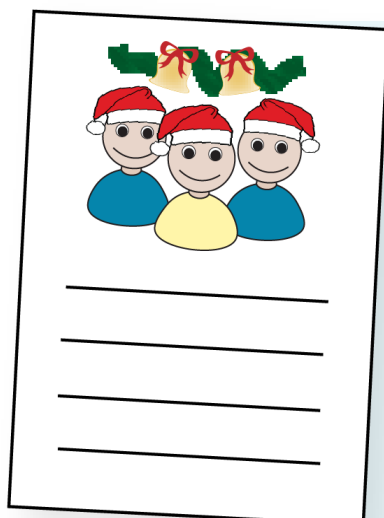
Over the summer period, we hope you can spend time with loved ones and get a chance to refresh.

Remember to always check in to

businesses with the QR code or paper sign in sheet when you are out in the community. If you have not already, please connect your vaccination certificate to your Service Victoria app. We are happy to help if you need.

From the team at Headway Gippsland, we wish you a very Merry Christmas and a Happy New Year!

We look forward to seeing you again in 2022.



Christmas party

12pm, Wednesday 15 December

The Morwell Club, 136 Helen Street, Morwell

Bookings required. Phone 5127 7166. Only available to those double vaccinated against COVID-19. Please bring proof of vaccination or exemption.

Christmas office closure



We will shut for Christmas

at 4 pm

on Friday 24 December.



We will open again

at 9 am

on Tuesday 4 January.

Social support groups

Morwell

Last day - Wed 15 Dec (Christmas party)

Starts - Wed 12 Jan

Warragul

Last day - Fri 17 Dec

Starts - Fri 21 Jan

Trafalgar

Last day - Wed 15 Dec (Christmas party)

Starts - Mon 17 Jan

Wonthaggi

Last day - Fri 17 Dec

Starts - Fri 21 Jan

Local help



Money for kids' sport

You might be able to get money back for your kids' sport.

The government has a Get Active Kids program. Read more at getactive.vic.gov.au/vouchers/how-to-apply/



Do you feel ok?

A new website shows you where to get mental health support in Gippsland.

Find it here gippslandmentalhealth.org.au



Apply to save on power bills

Do you get concession payments like Centrelink Pensioner Concession or JobSeeker? You can apply for a one-off payment of \$250 to save on power. It ends on January 31.

Find out more at compare.energy.vic.gov.au/psb-outreach



COVID vaccine easy reads

health.gov.au/resources/collections/covid-19-vaccination-easy-read-resources



Need help in Latrobe City?

Print the emergency relief brochure here latrobe.vic.gov.au/Community/Community_Groups/Community_Programs/Emergency_Relief_Network_of_Latrobe_City

Headway news



Groups get back to it

Our social support groups have enjoyed each others' company in the outdoors in spring as lockdowns have come to a welcome end.

Fantastic to see everyone out doing things they enjoy again.



Robbie works the till

Graham (Robbie) recently started volunteering at the Segue Cafe in Stratford.

He has been loving serving the customers, working the till, washing the dishes and is even a barista assistant. Overcoming Obstacles and his support coordinator at Headway, Brooke, have supported him in this new role.

Well done Robbie! We love seeing that smile.



Keryn aims for top

Keryn has a new goal. She is striving to compete in weightlifting at the 2024 Paralympics.

She can lift 55 kilograms but is aiming for 120kg.

"That's how much was lifted to win the last games," Keryn said.

Brevity update from David



The Brevity mobile app for support workers is going reasonably well, but we have made one change based on feedback.

The “star rating” option, where participants are asked to rate the quality of services when they sign off on support shifts, has been turned off.

Some participants and staff expressed concerns regarding the awkward situation of rating someone in their presence.

Q and A with Darren



We spoke to Darren at the Trafalgar group.

Q. What do you enjoy about the group?

It's good to get out and see more people. I like talking, having lunch and playing pool.

Q. What would you like people to know about you?

A pedestrian crossing will be coming soon. It will be good because I go to the medical centre for check-ups. When I cross the road, cars are coming from everywhere fast, so I have to stop halfway.



Darren and fellow participant Kevin launched a petition and collected 56 signatures. Because of the petition, council plans to build a pedestrian refuge in Warragul. Amazing work!

Michael looks to outer space for inspiration

Warragul artist Michael Jones jokes he is fascinated by space because of the “crater” in his head.

The cosmos has become a major theme of his pastel artworks, where stunning neon planets orbit through kaleidoscopic skies.

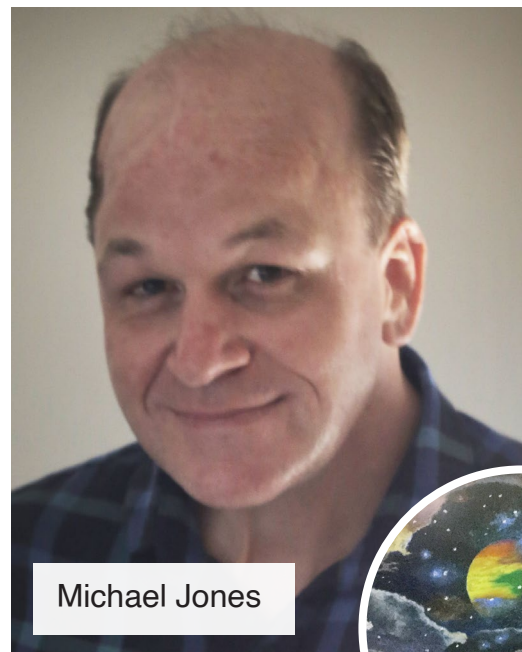
What puzzles Michael today, is his belief his drawing improved after a “decent chunk” of the right side of his brain was removed.

“It doesn’t make any sense, because the right side of the brain is where creativity is,” Michael said.

At nine years old, doctors found a tumour in Michael’s brain they believe he was born with.

They were unable to remove the tumour itself, but cleaned up “dead bits” and inserted a shunt.

Another nine years later, Michael’s went in for more brain surgery.



Michael Jones



This was when he developed epilepsy.

“That completely threw a spanner in the works,” he said.

“My seizures are triggered by light flickering or light changes of light – a light going on, a light going off. It’s absolute torture.”

He can mitigate risk to an extent by taking safer routes around town. But sometimes the triggers are unpredictable.

“I had a seizure in front of the pizza man,” Michael said.

The man's car lights flashed when the vehicle locked automatically.

“Christmas is absolute torture, there’s lots of Christmas lights in every shop,”



he said.

“I’ve had a seizure in almost every shop I’ve been in.”

While seizures are common for Michael, it does not make the experience any easier for him.

“While I am having a seizure, I can feel people walking around me. I can’t do anything, I can’t call out to these people, it’s the scariest feeling,” he said.

“I had a seizure in the supermarket last year and because of the whole COVID thing, no one wanted to get anywhere near me.”

While Michael understands not everyone can stop and help him, he says the best assistance people can give him, is just waiting by his side until he recovers.

“Just show that you’re a human being and help the person,” he said.

Michael receives one-to-one support from Headway Gippsland with Life Skills Officer Jade Downey.

Jade has been supporting Michael in his artistic goals – they designed their own art gallery tour when an open studios weekend was cancelled due to COVID.

“Jade is awesome ... The coolest thing about Jade is she’s really funny,” he said.

“I don’t really care what we do. If we have to sit and twiddle our thumbs for ten thousand hours then we better be laughing while we’re doing it.”

View Michael Jones’ art at facebook.com/mrjonesdrawings.

Support worker in focus



Each newsletter, we will shine a light on one of our Life Skills Officers.

These are the people who work out in the community, supporting participants to kick their own goals and do what matters to them.

This summer, we hear from East Gippslander Michael Sinclair who made a late career change to the disability sector.



Michael Sinclair

Michael Sinclair was making potato chips using robots at the Arnott's factory before he left the city for East Gippsland.

"I loved working with robots, they were fantastic," Michael said.

"But we were going to retire down here [in East Gippsland] and maybe work a little bit and get away from the rat race and I thought, what am I going to do."

He had never thought of becoming a disability support worker until an

opportunity to do a traineeship came up.

"I don't know why I hadn't done it for the last 40 years," he said.

"I enjoy it beyond belief and you become quite involved in the people you work with who trust you virtually with their life.

"I don't know why more people don't do it."

Michael joined the Headway Gippsland team about four years ago.

"I've come to realise that Headway is

Michael Sinclair



Doors he made for a shipping container.

very supportive of the client, they place a high priority on the client needs and wants,” he said.

As an employee he has felt well supported too, particularly during the devastating Black Summer fires.

“We had fires all around us,” he said.

“Di or somebody would check in and make sure we hadn’t been incinerated.”

Living in East Gippsland often means Michael drives longer distances for work, and explains how the isolation means

fewer services nearby.

But it has not changed the love he has for his work.

“I wouldn’t call this a job,” he said.

Michael explained how even when participants have off days, they always thank him at the end of his shift.

“Knowing they appreciate it makes it all worthwhile,” he said.

Michael is also a keen volunteer, having dedicated 10 years to the State Emergency Service.

Now he volunteers for the Red Cross as a driver, where he mostly takes people down to Melbourne for appointments.

Woodwork keeps his creative mind ticking outside work hours.

“I’ve got a huge workshop which remains idle most of the time,” he said.

“I’ve made some farmhouse-style doors to go on the front of a shipping container.”

Michael supports three participants at Headway Gippsland.



Word search - summer

D	S	R	X	C	U	G	B	G	S	I	N	G	L	E	T	O	J
L	Z	O	S	A	U	S	A	G	E	S	V	E	G	F	P	P	C
T	H	S	U	M	M	E	R	O	T	O	N	G	S	L	O	K	Q
C	D	E	V	N	L	L	I	S	U	N	S	C	R	E	E	N	B
O	D	L	A	R	M	T	M	I	N	L	M	E	H	M	S	H	I
R	G	O	S	T	A	D	T	A	L	A	N	X	A	D	F	U	J
D	V	W	M	P	W	O	M	W	E	I	R	Y	T	P	G	Y	J
I	J	M	Y	S	C	A	V	M	H	R	R	S	H	O	R	T	S
A	S	O	B	X	A	Q	V	S	S	C	X	F	U	U	H	O	H
L	U	S	D	B	I	L	N	E	W	O	A	S	S	V	E	W	I
W	N	A	P	Z	U	U	A	F	E	N	A	J	I	W	R	E	L
R	B	N	J	B	S	P	L	D	L	D	F	A	B	S	E	L	G
B	U	D	E	R	E	B	R	D	T	I	S	H	N	W	P	A	V
A	R	A	V	X	R	A	N	L	E	T	U	X	F	I	H	O	T
R	N	L	Y	Y	W	T	C	X	R	I	N	Y	U	M	H	P	P
B	H	S	O	A	U	H	I	H	I	O	S	U	A	M	P	I	R
E	U	M	U	C	I	E	R	N	N	N	E	I	D	I	Q	V	V
C	M	A	F	H	W	R	T	P	G	E	T	R	Z	N	K	E	O
U	I	A	G	T	C	S	Y	Q	E	R	F	S	I	G	T	O	Y
E	D	Y	P	Q	G	U	C	Z	D	C	O	Z	Q	G	D	F	D

AIRCONDITIONER

PATIO

SUNSET

BARBECUE

SALAD

SUNSHINE

BATHERS

SANDALS

SWEAT

BEACH

SAUSAGES

SWELTERING

CORDIAL

SHORTS

SWIMMING

HAT

SINGLET

TONGS

HEATWAVE

SUMMER

TOWEL

HOT

SUNBURN

YACHT

HUMID

SUNSCREEN



Sudoku

9		2						
							8	
		3	5		6			
				5			1	2
						4		
	6		1	9				5
	1			7	3	8	5	
3					4			7
7								

			8			9		
		4		1			5	
				3				
8						6		
		9		6			1	
5						7		2
		2					7	4
			7	8				
3		1				8		6



Word jumble - farm



Unscramble these words. They are all farm animals.

ckhceni

roesh

dgo

woc

ehsep

clpaaa

lulb

mar

roosret

udck

eoosg

tyrkeu

pgi

ogat

dynkeo

pneasaht

piogen

ebe

Puzzles

How many words can you find?



Can you find the 9 letter word?

Every word **must** use the middle letter.
Use each letter once only.

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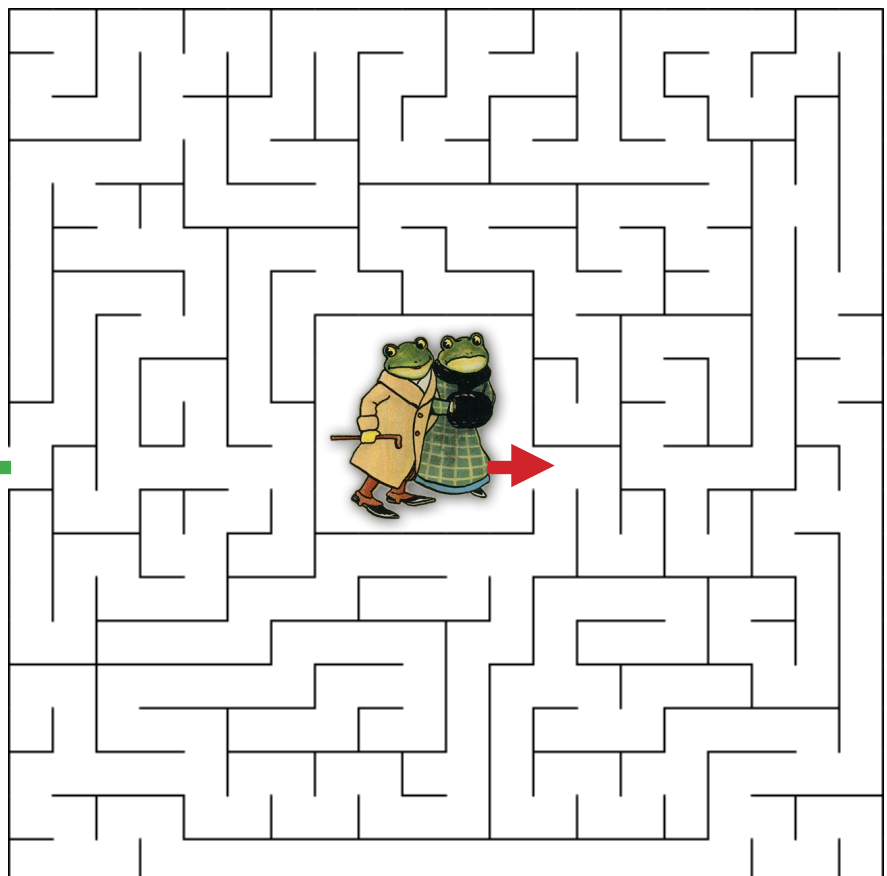
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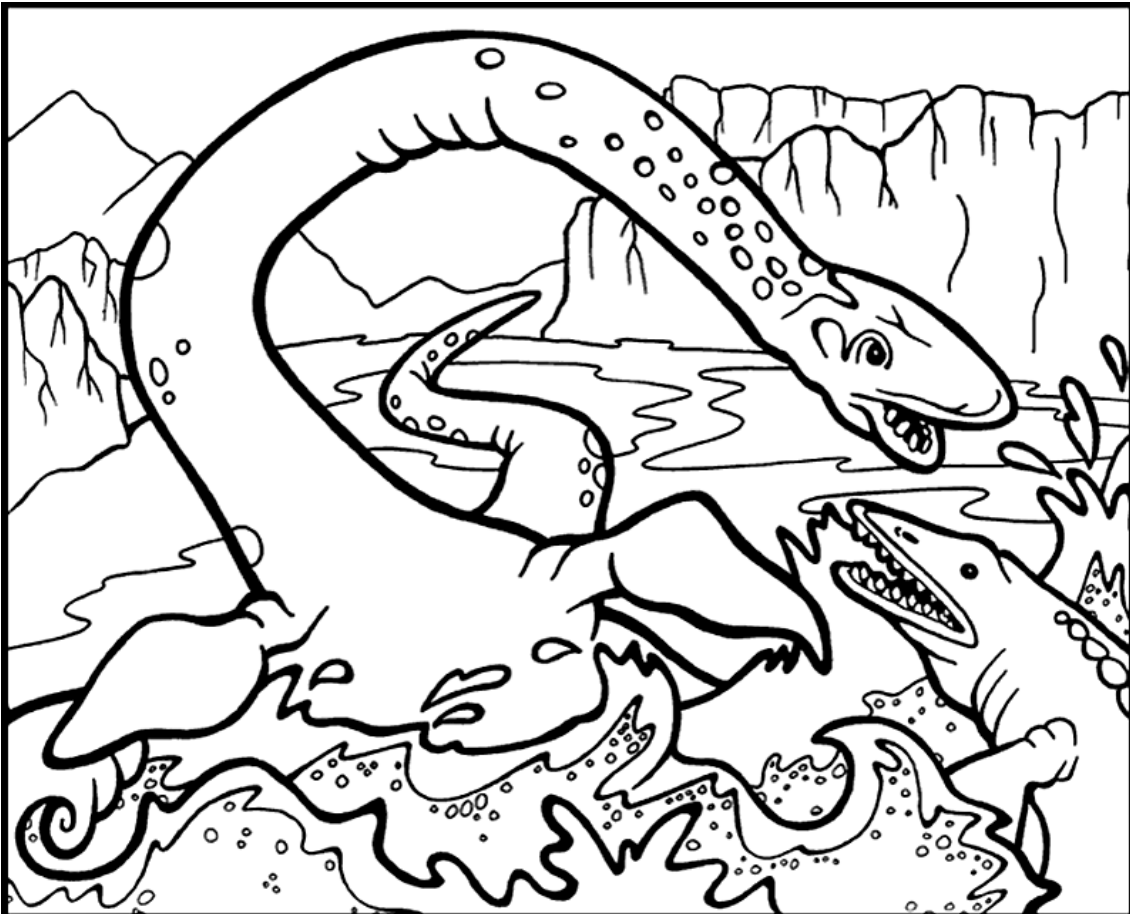
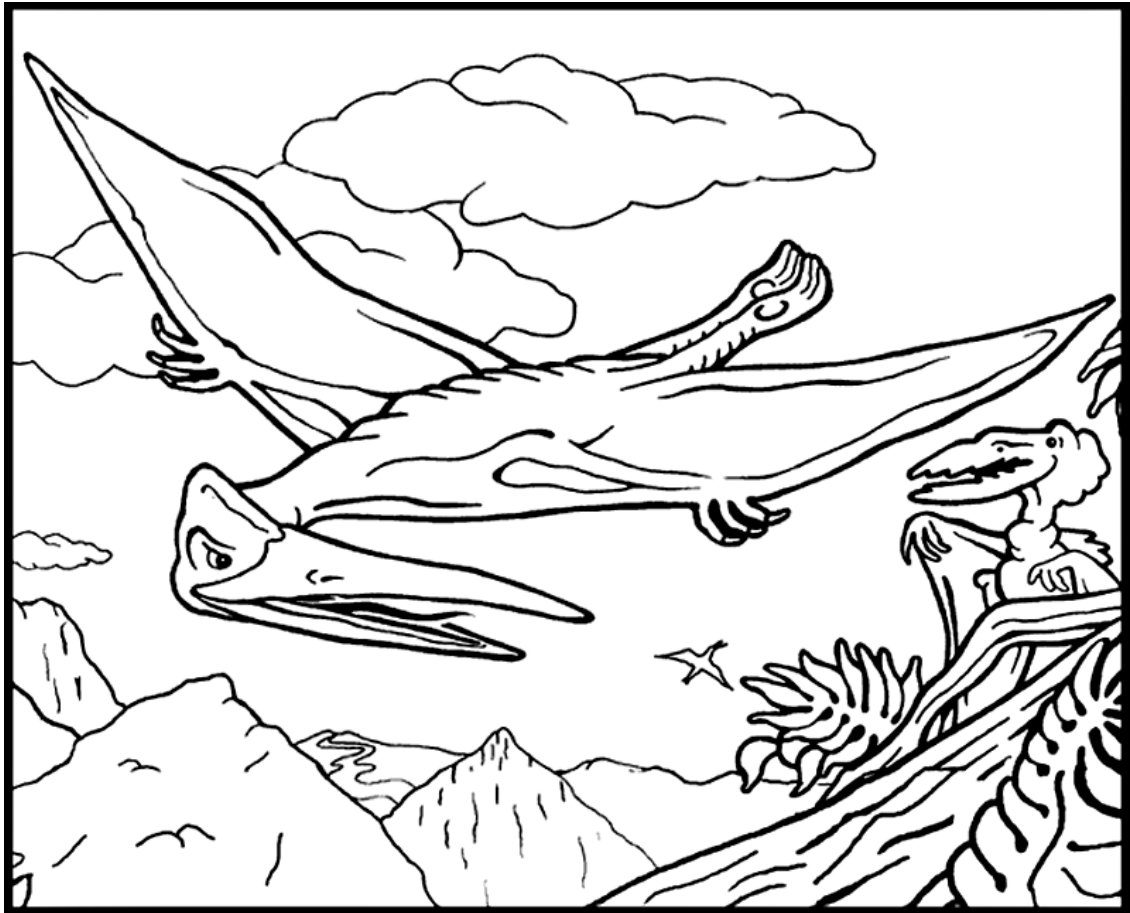
Maze

Can you help the frogs find their way out?









Jumble	8. ram	16. pheasant
1. chicken	9. rooster	17. pigeon
2. horse	10. duck	18. bee
3. dog	11. goose	
4. cow	12. turkey	Colouring from Crayola.
5. sheep	13. pig	Nine letter word
6. alpaca	14. goat	1. important
7. bull	15. donkey	

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We pay our respects to the traditional custodians, their elders and ancestors of the lands, which our organisation sits. We acknowledge all Aboriginal and Torres Strait Islander people, and welcome you to our service. Headway Gippsland is committed to treating all people with dignity and respect.