

# Community Catch-up



Young Star Nominated for  
SA Training Award

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## NEWSLETTER Q2 2021

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**COMMUNITY  
LIVING  
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# A Message from The Chief Executive



*Mark Kulinski, Chief Executive*

Once again, it is hard to believe that already over half of the year has flown by. However, once again I am proud to reflect on all that Community Living Australia has achieved as an organisation with our clients and with our communities. I am also confident and excited, knowing what a great team we have, to see what we continue to achieve together in the remainder of 2021.

One of the things I get most excited about is when we find ways to support our clients to build their connections to community, to build their skills and to develop their social connections. A recent example that demonstrates this was the basketball clinic run by sporting legend and our Ambassador, Jo Hill.

Clients from both our Hills and Murraylands services had an amazing experience, coming together to learn ball skills from Jo — an Olympian silver medalist and WNBL All-Star. The program also provided them with an opportunity to socialise and develop new connections, to exercise, and to have a bucket-load of fun.

I want to thank Jo for her continuing support of our organisation and for putting on the amazing clinic. We will report more about this program in our next newsletter.

The health of our people and the culture of our organisation (what it is like to work here) is integral to our organisation providing the best service possible to our clients. If our employees feel valued, supported, empowered and happy working at Community Living Australia, this will in turn help them to provide great services to our clients.

This is why our People and Culture team are currently undertaking an organisation-wide Culture project — looking at what is working and what is not working so well at Community Living Australia and how we can continue to improve and make it an even better place to work and receive services. I am personally very excited about this project and the potential improvements it can bring. The project is currently still in its early stages and we will provide you with more detailed updates in future newsletters!

While on the topic of our people, I'm proud to announce that one of our Support Workers — Chloe — is in the running for an SA Training Award in relation to her studies to obtain a Certificate III in Individual Support. Chloe's qualities are highly valued in our organisation and I wish her the best for the awards event in August. More information is contained on page 10 of this newsletter.

As for our regular COVID-19 update: during this quarter we have supported Aspen Medical to run COVID-19 vaccination clinics at our offices in Mount Barker, Murray Bridge, the South East and the Riverland. These clinics were run by Aspen Medical, making the Pfizer vaccine available to interested clients, families and employees who wanted to receive it. Over 200 people voluntarily received the Pfizer vaccine at these clinics and the second dose for these participants is scheduled for the end of July.

As always, we will continue to maintain COVIDSafe strategies within our organisation and I advise everyone to continue physical distancing, using good hygiene practices and QR Codes and getting tested and isolating when ill.

If you have any questions about COVID-19, please contact us by email at [info@claustr.com.au](mailto:info@claustr.com.au) or by phone on (08) 8536 5888.

Until the next newsletter, stay safe, happy and healthy, enjoy the stories in this newsletter and talk soon.

Kind regards,

A handwritten signature in black ink, appearing to read 'Mark Kulinski', with a stylized flourish at the end.

Mark Kulinski

# PEER2PEER Mentoring Program Launches in the Southern Metro

Community Living Australia is providing mentorships for people with disability to support them in achieving their goals.

Open to people in the southern suburbs of Adelaide who are aged 16 and over, our PEER2PEER pilot program will pair participants with a mentor with lived experience of disability or a support worker who can provide peer mentoring support.

Xu Chen recently joined us as a Mentor in the program. Xu, 27 years of age, has completed his social work degree and is interested in history, reading, the beach, movies, working out, socialising and dining out. Xu is described by people that know him as thoughtful, empathetic, friendly and open minded. He has volunteered or completed placements in aged care, education and local council.

PEER2PEER can help participants gain confidence and life skills, participate in the community or learn to live more independently.

The cost of PEER2PEER is aligned with the NDIS price guide and can be completely paid for with a range of NDIS funding types.

For more information about the program, visit [www.claust.com.au/events/peer2peer](http://www.claust.com.au/events/peer2peer), email [info@claust.com.au](mailto:info@claust.com.au) or call 08 8536 5888.



*Xu Chen, one of the mentors in our PEER2PEER program.*

**PEER2**  
**PEER**  
MENTORING POTENTIAL

**MENTORING FOR PEOPLE  
WITH DISABILITY BY  
PEOPLE WITH DISABILITY**

**GET A MENTOR TODAY!**



# Gardening Business in the Works in Murray Bridge

There's never enough time to give our gardens the love they deserve.

That's why a group of our clients from the Murraylands are launching a gardening business in Murray Bridge!

Run and set up by people with disability, this new enterprise will not only breathe new life into people's gardens — it will also add to our local people with disability's quality of life — building their self-esteem, skills and increasing

their employability in a fun and supportive environment.

The project is still currently in the planning stage and we'll keep you posted with further developments soon.

For more information, please contact us at [info@claut.com.au](mailto:info@claut.com.au) or 08 8536 5888.



*Our gardening business, run by people with disability, will be coming soon to the Murraylands.*

# Mount Barker Health Hustle

What better way to start your day than with a Health Hustle!

Now a firm part of their morning routine, the “Health Hustle” group from the Hills Day Options team get together for a fun, interactive session of aerobics and games.

With lively music filling the air, the energy from the group is contagious.

Health Hustle is just one of various activities at

Day Options that promote physical and mental wellness.

It’s also proving a great way for everyone to socialise and become more confident while starting their day in a positive way!

Research shows the benefits of starting the day with exercise, with it boosting mood, energy and concentration through the day.

Perhaps we should all take some inspiration from Health Hustle!



*Health Hustle begins with vigorous warm up exercises.*



*Sessions include energetic and inclusive team games.*

# Fundraising Helps Sprout Veggie Garden Project in KI

Our team in Kangaroo Island recently ran a successful sausage sizzle fundraiser, proudly supported by the American River Service Centre (Post Office) and The Shed - a pub and community venue run by the local Sports and Community Club.

Held at the Post Office, \$208 was raised to install wicking beds for people with disability to grow veggies and herbs.

The Post Office and The Shed donated the supplies for the day with the Post Office donating sausages, muffins, biscuits and the BBQ and

The Shed donating bread, onions, sauces and serviettes.

Following this, the team also received a generous donation of \$300 from the Kangaroo Island Lions Club.

Our KI team have been busy planting and tending to the seedlings and wicking beds will be installed soon.

We'd like to thank American River Service Centre, The Shed and the Kangaroo Island Lions Club for their generosity and support.



*Barb (white hat), team, volunteers and patrons at the fundraiser.*

# Getting Social in the Murraylands

Our Social Club in the Murraylands is a recreational program featuring tons of events and activities for adults with disability to choose from.

Each month, there will be a disco, men's group, ladies' night and there will also be exciting excursions such as camps or attending major events.

The club is all about having fun, experiencing new things, making friends, learning new skills and engaging with the local community.

Wet weather did nothing to dampen the spirits of our Murray Bridge social club group attending the OTR Supersprint in May.

The excursion to The Bend Motorsport Park was one of three major events held every 12 weeks as part of our Murray Bridge Social Club.

The social club has attracted huge interest and is

available to anyone in the community who lives with a disability.

Our team arranged everything including tickets, transport and any necessary support.

Our rev-heads enjoyed many races throughout the day including the Historic Touring Cars, Porsche Carrera Cup and the Supercars main event.

They also enjoyed visiting the pit paddock, checking out the cool merch and posing for photos with grid staff.

Despite the weather, the day was still a hit!

For more information or to come and join the fun, contact us at [info@claust.com.au](mailto:info@claust.com.au) or phone us on 08 8536 5888.



*Social club members at The Bend Motorsport Park.*

# Cheer and Dance in the Hills

The team at Mt Barker Day Options have been loving their weekly dance classes with All Abilities Cheer and Dance (AACD), with the long-term goal of performing their new routines for a live audience soon.

The weekly sessions, while great fun and awesome exercise, are helping to improve balance, strength and coordination while increasing people's social skills and confidence.

While some participants are natural and vibrant performers, it has been great to witness other more

introverted people really come out of their shell.

AACD launched in 2020 to offer inclusive dance classes for people with all types of disabilities. They run a variety of programs and are affiliated with Special Olympics Australia.

Feedback from our participants has been overwhelmingly positive with the session becoming a firm favourite for many.

For more info about All Abilities Cheer and Dance, visit [www.allabilitiescheeranddance.com](http://www.allabilitiescheeranddance.com)



*Clients, Support Workers and the AACD team at our Mt Barker Day Options.*

# Young Star Nominated for SA Training Award

Community Living Australia is proud to announce that Chloe – one of our Support Workers in the Southern Metro region – was nominated for an SA Training Award in regards to her studies to obtain a Certificate III in Individual Support.

The award acknowledges the achievements of the best and brightest in the Vocational Education and Training (VET) sector.

Chloe has now progressed to the next stage after being selected as a finalist in the category of Vocational Student of the Year.

We congratulate Chloe for this achievement and wish her the best of luck at the awards to be held on 27 August.

We are proud to have such dedicated and talented individuals working for our organisation.



*Chloe at one of our offices.*

# Health Update

## Accessing Your Medical Records

Your doctor and other healthcare providers keep a record of your health and medical history.

If you have registered for the electronic My Health Record, you can access your medical record yourself on the internet.

If something is missing or incorrect, ask your doctor or healthcare provider to have it corrected.

To register for an electronic health record visit: [www.myhealthrecord.gov.au](http://www.myhealthrecord.gov.au).

## Upcoming Health Events

Date	Event	Details
First week of August	Dental Health Week	Led by the Australian Dental Association the Week aims to educate Australians about the importance of practicing good oral and general health in all aspects of their lives.
August 27	Daffodil Day	Daffodil Day is Cancer Council’s most iconic and much-loved annual campaign that raises life-saving funds for world-class cancer research.
September 9	R U OK?	R U OK? Day is our national day of action dedicated to reminding everyone to ask, “Are you OK?” and to remember — every day of the year — to support people who may be struggling with life’s ups and downs.



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