

# Community Catch-up



Celebrating World  
Kindness Day

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Some of the crew who took part in World Kindness  
Day Activities

## NEWSLETTER Q4 2021

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COMMUNITY  
LIVING  
AUSTRALIA

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# A Message from The Chief Executive



*Mark Kulinski, Chief Executive*

## Welcome to our last newsletter for 2021 — what a year it has been!

It has been a busy and challenging year for Community Living Australia (and everyone!) and coming towards the end of it, I'd like to take this opportunity to focus and reflect on some of the many successes and highlights that were achieved despite the challenges posed by operating and living in a COVID-19 environment.

Managing and living with COVID-19 has been a challenge for everyone in our communities. It has brought some major changes to the way we live and operate. I want to commend everyone for their good work and for their commitment in trying their best to keep everyone safe — our clients, their families, our employees and the community. Well done.

COVID-19 will remain a challenge and something for us to navigate in 2022, but I am confident that if we keep our values (wellbeing, working together, agility, passion and integrity) as our guiding principles, we will be able to ensure we continue to keep people safe while also ensuring we continue to meet the needs of our clients and provide quality services.

As I said, I want to focus and reflect on some of the amazing successes we still had during the year, and as such these are outlined below.

One great example of a major recent success was our clients' involvement in World Kindness Day (featured on pg 6). During the week leading up to World Kindness Day on 13 November, our clients and teams demonstrated the importance of being kind by sharing gifts and positivity with members of their local community across the state.

Partnering with FIVEaa radio, the campaign included delivering prizes to special people who were nominated by radio listeners for the good they do in their communities.

It was a tremendous effort by everyone involved and very rewarding for participants and the many people whose hearts they touched that week.

The activities of World Kindness Day provide a great opportunity for our clients to positively engage in their local community, but more than that, it helps to break down barriers and stigma that people with disability face in terms of being viewed as recipients of support. During these activities, instead it is our clients, people with disability, handing out support and helping others in community. We know the value our clients bring every day to all of our lives and to their local communities, but these activities were a great chance and a great excuse to show that off. Well done everyone!



# A Message from The Chief Executive (cont.)

Throughout October and November I have had the chance to travel to many of our regions to attend 'Recognition of Service' awards ceremonies for our employees who have been committed to our organisation for significant amounts of time (10, 15, 20 and 25 years). This level and length of dedication is outstanding and honestly humbling.

It has been heart-warming to see how many people we have within our organisation who are passionate about supporting our clients and making a positive impact in their lives.

I want to congratulate all of these people. You have been a huge part in making our organisation what it is today and you have made a huge difference in many people's lives.

Another thing that I have been very proud of this year was the progression of our 'culture project'. This project was looking at what is working and not working within the organisation to ensure we can make Community Living Australia the best place possible for people to work and receive services. This project gave me the opportunity to go and speak with employees in all of our regions and to hear from them some of the great ideas for how we can improve but to also hear about how much we, our people, and our teams, are already getting right.

I look forward to being able to provide more information next year regarding some of the improvements and progress being made as outcomes of the Culture Project.

On Friday 3 December, we, along with the international community, celebrated International Day of People with Disability (IDPwD). A day dedicated to recognising the achievement and contributions of people with disability in our community and for campaigning for their inclusion, insights and leadership to be recognised and encouraged. As an organisation, we wholeheartedly support this important day and, as such, got involved in a wide range of celebratory and awareness-raising initiatives. We will provide a more detailed update in our next newsletter in early 2022.

While on the topic of recognising peoples' achievements, unfortunately, we needed to postpone our Rewards and Recognition Program awards ceremony. The awards ceremony was scheduled for early December 2021 but has been postponed to February 2022.

Our Rewards and Recognition program recognises and rewards our clients, employees, and community members who are committed to either improving themselves and achieving their goals or supporting this achievement in the lives of our clients and people living with disability.

I look forward to awarding our clients, employees and volunteers for their amazing achievements soon.

Community Living Australia continues to strive for excellence in everything that we do. Receiving feedback from our clients, team and the community helps us to better understand what we're doing right and provides us opportunities to address any issues or improve the way we serve.

If you would like to provide feedback — either positive or constructive — I invite you to complete our feedback form at **[www.claust.com.au/feedback](http://www.claust.com.au/feedback)**.

I hope you enjoy the remainder of this newsletter and get to draw some joy from some of the stories about the successes of our clients that are contained within it.

I wish you all joy and peace over the holiday season and I hope you get the opportunity to relax, unwind and refuel by spending some much needed time with friends and loved-ones.

I look forward to seeing you in the New Year.

Kind regards



Mark Kulinski

# Holiday Season Office and Day Options Closures



Our offices will be closed over the festive season.

Our Day Options will be closed from Monday 20 December 2021 and will reopen on Monday 10 January 2022.

Regional offices will close to the general public from Monday 20 December 2021 and will reopen on Tuesday 4 January 2022.

Our central office in Mount Barker will close to the general public from Thursday 23 December 2021. It will also reopen on Tuesday 4 January 2022.

Sufficient staffing levels will be maintained at all our regions to ensure adequate coverage for client services and critical office-based functions.

On behalf of Community Living Australia, we thank you for your ongoing support and wish you a wonderful and safe holiday period.

## REGIONAL OFFICES

### CLOSED

Monday 20 December 2021

### OPENING

Tuesday 4 January 2022

## CENTRAL OFFICE

### CLOSED

Thursday 23 December 2021

### OPENING

Tuesday 4 January 2022

## DAY OPTIONS

### CLOSED

Monday 20 December 2021

### OPENING

Monday 10 January 2022





*"In a world where you can be anything, be kind."*

World Kindness Day, celebrated on Saturday 13 November, is a global day that promotes the importance of being kind to each other, to yourself and to the world.

During the week leading up to the event, Community Living Australia partnered with FIVEaa to spread the message of kindness across the state.

Our clients and teams, along with FIVEaa representatives, hit the streets, sharing giveaways (generously donated by local businesses) and kind words to everyone they met.

Day one began in Mount Barker with clients handing out vouchers for free coffee provided by Brother Bear Café.

On day two, clients from the Fleurieu brightened people's day in Victor Harbor with sunflowers.

On day three, our kindness campaigners were really sweet, gifting FruChocs to passers-by in the Murraylands.

On day four and five, FIVEaa radio listeners were called upon to nominate people who were exemplars of kindness.

Thursday had our kindness campaigners converge on the CBD to meet Antra — nominated for her kindness in the workplace — giving her a giant Charlesworth Nuts hamper.

Friday's activities took place in Adelaide's north where we gave a hamper (supplied by Schinella's Your Local Market and Galipo Goods) to Faye for her volunteer work in the local community.

Faye happily accepted the gift, stating that she would be sharing it with all her friends and family.

It was a whirlwind week of engaging with our communities and the positive outcomes were prevalent in the faces of everyone we met.





A montage of images from all of the activities in our regions for World Kindness Day









A montage of images from all of the activities in our regions for World Kindness Day



# Show Day at Goolwa Day Options

With the Adelaide Show cancelled this year, our team at Goolwa Day Options made sure that our local clients didn't miss out on the show day fun!

Clients received fantastic show bags and participated in a variety of show-themed games including pluck-a-duck, knocking down bottles, sinking balls in the hole and dodging water balloons (while blindfolded and wearing a spiky hat for an added challenge).

Finishing with a bang, participants ended the day with a disco dance off!

With the pandemic putting ongoing pressure on people's lives, events such as these are increasingly important to maintain social relationships and wellbeing.

The activities were great fun, highly interactive and everyone involved had an absolute blast!

It was a fantastic day for everyone involved.



Goolwa Day Options clients having fun at their show day.



# More Goodies at the Big Lobster

Community Living Australia clients in Kingston SE released a new batch of their line of home-made condiments called “Plants & Things Herb Salts”.

Made from locally grown ingredients and prepared and distributed by our clients, these beautiful homemade herb salts are available for sale at Janet’s Takeaway located at the Big Lobster.

This initiative has provided clients an opportunity to experience the small business supply chain from start to finish. They also learn a range of skills along the way from growing the produce through to labelling and stocking the shelves.

Clients (and our local team who supported them) are very proud of their achievements and recently expanded the line to include a

new product: “Jazz My Gin Fruits” consisting of delectable dried fruits, perfect for beverages, aromatic potpourri or just plain chewing!

Janet – proprietor of Janet’s Takeaway at the Big Lobster – has informed us that the new offering is selling well and the team is keeping busy in order to meet demand.

A big thank you to Janet for providing her kitchen facilities for our clients to prepare their products and also for stocking and selling their many creations at her establishment.

If you are ever in the South East and near Kingston, make sure you head over to Janet’s Takeaway at the Big Lobster and get yourself some “Plants and Things Herb Salts” or “Jazz My Gin Fruits”.



Warren Jacalyn and Damien showcasing the premium products for sale at Janet’s Takeaway at the Big Lobster.

# Two Spooky Discos

## Photo Collage

It was a spooky October this year, with clients from Goolwa and the Murraylands enjoying Halloween themed discos in their regions.

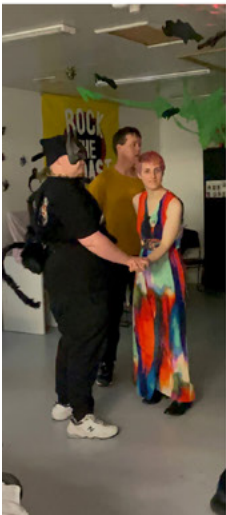
Everyone did such a great job at dressing up and all had so much fun singing, dancing and having a great laugh!

What a great range of costumes! Everyone put in so much effort and we cannot wait to see the costumes that people come up with next year!



Murraylands attendees showing off their impressive halloween costumes.





Attendees at the Goolwa disco posing for photos and dancing up a storm at their spooky disco.



# Biker Cruises to 50

Angela celebrated her 50th birthday in style this past October.

From a young age, Angela has had an undeniable passion for Motorcycles and a love for speed! In fact, Angela raced professionally on a 600CC bike.

Angela has been living with Huntington's Disease and our wonderful Team Leader in the South East, Kelly, was determined to give Angela a little taste of speed on her special day!

Kelly arranged a surprise ride in a side car thanks to Terry, who kindly donated his time and his ride.

On the day, Angela enjoyed a lovely meal out with family — she was completely unaware of the plan as was obvious by her reaction to the surprise which followed.

Needless to say, going by the photos, the reveal left Angela feeling completely ecstatic. The ride was an amazing experience which had the long-time biker grinning from ear to ear.

What a perfect way to celebrate such a significant milestone.

A big thank you to Kelly, the South East team and Terry Seebohm for creating such a memorable experience.



Angela enjoying cake with family before the surprise.



Angela excited as Terry fastens her helmet.



Angela as she finds out about her surprise.



Angela and Terry about to head off for their ride.



# Friday Friends in Murray Bridge

What's better than a Friday afternoon? A Friday afternoon with the girls!

Meet our Friday Friends group in Murray Bridge. This wonderful bunch started catching up early last year, before the world had a little shake up! (COVID-19). The group was originally created to help one client work on her NDIS goals, and she was instrumental in bringing the group together for the very first time.

The group members collectively came up with the group's name, its rules around respect, positivity, sharing and confidentiality. They all wanted to make sure it was a friendly, respectful, safe and fun place for everyone involved.

During the meet ups, the group enjoys a casual afternoon tea while catching up on the latest news and happenings.

Members are encouraged to share their hobbies at the meet ups. At the first get together, one lady impressed the group with her artwork which sparked a wave of interest, with everyone learning how to create their own.

Another member regularly crochets or knits lovely scarves and other items while the group enjoys friendly conversation.

Friday Friends is very inclusive and open to everyone in the community. Participants are encouraged to bring friends if they like.

Friendship and socialisation is important for all of us. It is important for us to share connection with others and to feel like we belong. This couldn't have been made more evident than by the recent isolation we have all felt and experienced at times during COVID-19.

It is great to see that our clients are being proactive and are looking after one another.

The ladies catch up every 4 to 6 weeks in the early afternoon for around an hour, and they would like to extend the invite to you!

If you're interested, let our local Murraylands team know or contact us at 08 8536 5888 or [info@claust.com.au](mailto:info@claust.com.au)



A couple of photos of the group at their Friday Friends meet ups.

If you do not want to continue  
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we can send it to you electronically.



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